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**Tuesday**



Relatives of wildfire victims comfort each other.

**Murder Scene:** Australia wildfires blamed on arson | **7**

**Re-Kindled:** Amazon rolls out revamped book reader | **10**



**Tiger Cub:** Woods' wife gives birth to baby boy | **16**

## ENTERTAINMENT

**Old Goodie:**

*Van Morrison* revisits 'Astral Weeks' with stunning results. Plus, Garry Leech's 'Beyond Bogota.'

**>> 18-23**



## Obama Takes Stimulus Pitch to the People



**PERSONAL TOUCH:** President Obama bumps fists with an audience member at a town hall meeting Monday in Elkhart, Ind., where unemployment is above 15 percent. The meeting, combined with a prime-time news conference, was meant to pressure Congress to quickly pass an economic recovery bill.

## A-Rod Acknowledges Doping

Slugger admits using a 'banned substance' while in Texas

NEW YORK | Alex Rodriguez admitted Monday that he used performance-enhancing drugs from 2001 to 2003, saying he did so because of the pressures of being baseball's highest-paid player.

"When I arrived in Texas in 2001, I felt an enormous amount of pressure. I felt like I had all the weight of the world on top of me and I needed to perform, and perform at a high level every day," the New York Yankees star said in an interview with ESPN that was broadcast

Monday shortly after it was recorded.

His admission came two days after Sports Illustrated reported he tested positive for steroids in 2003, one of 104 players who tested positive during baseball's survey testing, which wasn't subject to discipline and was supposed to remain anonymous.

"And I did take a banned substance and, you know, for that I'm very sorry and deeply regretful."

The 33-year-old All-Star third baseman



Rodriguez

was regarded by many in baseball as the most likely player to break Barry Bonds' record of 762 home runs. He's already 12th on the career list with 553 homers, 209 behind Bonds.

Rodriguez hit 52, 57 and 47 homers in his three seasons with the Rangers, winning the first of three AL MVP awards during his final season with Texas, where he received a \$252 million, 10-year contract in December 2000. (AP)



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TUESDAY  
**58 / 47**



WEDNESDAY  
**65 / 45**



THURSDAY  
**53 / 36**

**TODAY:** Mostly cloudy and warm with a chance of evening showers | **34**

# eyeOpeners

## CELEBRITY

## Low Gas Prices Are Bumped to the A-List

An unmanned gas station in Amsterdam began offering customers gas for the equivalent of 5 cents per gallon — a discount of more than 99 percent — due to a glitch that occurred at about midnight. "Most people were home in bed, so it could have been worse," Piet-Hein Bogaers, director of the company, said Monday. Bogaers said that, by the time the mistake was fixed Saturday morning, customers were lined up to buy gas. (AP)



## LAME

## Fist Pump Hijacked, Demoted to D-List

Maryland's comptroller urges "real taxpayers of genius" to file their taxes online this year, in a YouTube video spoofing a memorable series of Bud Light ads. Taxpayers frustrated by fill-

ing out traditional tax forms are shown enduring paper cuts and other hassles. "Today, we salute you, Mr. Frustrated Taxpayer," the announcer intones. Then he tells them they have an alternative — file their taxes electronically. "Well done, e-filer, well done," the announcer says as another taxpayer files online and pumps his fists. (AP)

## CONVENTIONS

## Send in the Clowns

That's who one would expect to find at something called the Juggling Convention in Dresden, Germany. Right? Not so. Instead, all the photos from the event are of angelic-looking children such as Gefjon Reichert, above. And this is not juggling — this is suspending magical orbs in the air. Whatever it is, we'll take it over a creepy Bozo flinging clubs any day. (EXPRESS)

MATTHIAS RIETSCHEL/AP



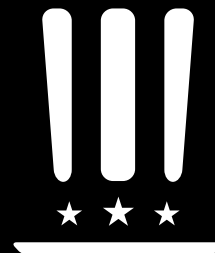
## CLEVER

## The A-List for Effort

A Michigan judge says he's learned a lesson about locking his car after a 16-year-old prisoner who escaped from

a courthouse cell was found hiding in the vehicle's trunk. The Macomb Daily newspaper reports the teen vanished Friday after appearing in juvenile court in Mount Clemens on a probation violation. Sheriff's deputies searched for

about an hour until a deputy checked the car and found the boy in the trunk. Macomb County Circuit Judge Peter Maceroni says the teen likely used a button inside the unlocked car to open the trunk. (AP)



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**DIAPER DETAIL:** A man in Minquadales, Del., is accused of giving new meaning to the phrase "dirty diapers." Police say the man was smoking pot and planning to sell it when probation officers stopped by his house. They found 45 grams of marijuana in one diaper and 34 grams in another.

## Nation

### In Brief



The USS Port Royal is seen grounded on top of a reef in Honolulu on Friday.

#### PEARL HARBOR, HAWAII

#### Officer Relieved of Duty After Running Ship Aground

The Navy has relieved of duty the commanding officer of a \$1 billion warship that ran aground off Honolulu last week. The Navy said Monday that Capt. John Carroll was relieved of his duties pending the results of an investigation into the grounding of the USS Port Royal. The Port Royal got stuck on the rock and sand shoal Thursday in Honolulu. Tugboats and a salvage ship pulled it free at about 2 a.m. Monday. (AP)

#### KNOXVILLE, TENN.

#### Man Pleads Guilty to Church Attack That Killed 2 People

An out-of-work truck driver pleaded guilty Monday to killing two people and wounding six others at a Tennessee church last summer because he considered the liberal church "a den of un-American vipers." "Yes, ma'am, I am guilty," Jim D. Adkisson told Criminal Court Judge Mary Beth Leibowitz before she sentenced him to life in prison without parole. (AP)

# Obama Lays Out Case for Stimulus

'Doing nothing is not an option,' president tells struggling town

WASHINGTON | President Obama pushed for his emergency economic stimulus with an urgent one-two punch Monday, addressing the nation in the first prime-time news conference of his presidency after taking his campaign directly to recession victims in Indiana.

"Doing nothing is not an option," Obama warned during a town hall meeting in Elkhart, Ind., where unemployment has surpassed 15 percent.

Speedy passage of legislation to pump federal money into the economy, once seemingly assured with bipartisan support, has become a



President Obama promotes his economic recovery plan on Monday before an audience in Elkhart, Ind. Unemployment in the town has surpassed 15 percent.

major test of Obama's presidency.

On the day that an \$827 billion version of the legislation passed a crucial test vote in the Senate, Obama warned darkly of the consequences he contended would result from inaction.

"Our nation will sink into a crisis that at some point we may be unable to reverse," he said.

The president then was capping the day with his first formal news conference, where he was fielding queries from the White House press corps amid the grandeur of the East Room.

"I've got to go back to Washington and convince everybody to get moving on this package," Obama told his Indiana audience as he wrapped up his question-and-answer session.

JENNIFER LOVEN (AP)

## Octuplets' Mom Expected Only Twins

Medical Board opens investigation of doctor over ethical standards

LOS ANGELES | The mother who gave birth to octuplets acknowledged in an interview aired Monday that she was "fixated" on having children but said she never expected to have more than twins in her latest pregnancy.

Nadya Suleman, 33, had four single births and one set of twins through in-vitro fertilization before



Nadya Suleman gave birth to eight children on Jan. 26 in Beverly Hills, Calif.

her history-making pregnancy, but she told NBC's "Today" show that for each of her six pregnancies, six embryos were implanted.

"I know now that I may or may not have really deep down wanted that many siblings, but at the time I was so focused and fixated on wanting so many that I just kept going," she said.

"Today" anchor Ann Curry then asked whether Suleman "deluded" herself into thinking her six older children wanted a bigger family.

"Not really deluded myself, but

I knew that's what I wanted," Suleman said in the interview.

Suleman, who gave birth to the octuplets Jan. 26, also identified the clinic involved, West Coast IVF in Beverly Hills, Calif.

Without identifying the doctor, the Medical Board of California said last week it was looking into the matter to see whether there was a "violation of the standard of care" for implanting so many embryos.

Medical ethicists have expressed shock that a doctor would implant so many embryos. National guidelines put the norm at two to three embryos for a woman of Suleman's age in order to lessen the risks. (AP)

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## Nation

22

**The number of dogs** North Texas police found crammed inside a station wagon with their owner on Monday. The two puppies and 20 adult dogs were taken to a shelter.

# Mexican Violence Hits U.S.

As cartels extend reach across border, brutality rises in unlikely places

**CRIME** | Just as government officials had feared, the drug violence raging in Mexico is spilling over into the United States.

U.S. authorities are reporting a spike in killings, kidnappings and home invasions connected to Mexico's murderous cartels. And to some policymakers' surprise, much of the violence is happening not in towns along the border, but a considerable distance away, in places such as Phoenix and Atlanta.

Investigators fear the violence could erupt elsewhere around the country because the Mexican cartels are believed to have set up drug-dealing operations all over the U.S., in such far-flung places as Anchorage, Alaska; Boston; and Sioux Falls, S.D.

"The violence follows the drugs," said David Cuthbertson, agent in



Mexican drug cartels have been seeking out large caliber bullets, above.

charge of El Paso's FBI office.

The violence takes many forms: Drug customers who owe money are kidnapped until they pay up. Cartel employees who don't deliver the goods are disciplined through beatings, kidnappings or worse.

So far, the violence is nowhere near as grisly as the mayhem in

Mexico, which has witnessed beheadings and assassinations of police and soldiers. But law enforcement officials worry the violence on this side could escalate.

"They are capable of doing about anything," said Rusty Payne, a Drug Enforcement Administration spokesman in Washington.

In Columbiana, Ala., police found five men with their throats slit in August. They had apparently been tortured with electric shocks before being killed in a murder-for-hire orchestrated by a Mexican drug organization over a drug debt.

In Phoenix, police have reported a sharp increase in kidnappings and home invasions, with about 350 each year for the last two years, and say most were committed at the behest of Mexican drug gangs.

Agents said they have rarely seen such brutality in the U.S. since the "Miami Vice" years of the 1980s, when Colombian cartels controlled the cocaine market in Florida.

ALICIA A. CALDWELL (AP)

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## Nation



The purple finch has been spending its winters farther north than it used to.

## Study: Bird Movements Are Shifting

Audubon says species spend winters farther north due to warming

WASHINGTON | When it comes to global warming, the canary in the coal mine isn't a canary at all. It's a purple finch.

As the temperature across the U.S. has become warmer, the purple finch has been spending its winters more than 400 miles farther north than it used to. And it's not alone.

An Audubon Society study to be released Tuesday found that more than half of 305 North American bird species — a hodgepodge that includes robins, gulls, chickadees and owls — are spending the winter about 35 miles farther north than they did 40 years ago.

The purple finch was the biggest northward mover. Its wintering grounds are now more along the latitude of Milwaukee, Wis., instead of Springfield, Mo.

Bird ranges can expand and shift for many reasons, among them urban sprawl, deforestation and the supplemental diet provided by backyard feeders. But researchers say the likely explanation for why so many birds over a broad area are moving north is global warming.

"We don't know for a fact that it is warming," aid Terry Root, a biologist at Stanford University. "But when one keeps finding the same thing over and over ... we know it is not just a figment of our imagination." DINA CAPPIELLO (AP)

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**WILD GETAWAY:** These fugitives were wearing stripes even before they were caught. Police in the southern Germany city of Augsburg said Monday they had to chase four circus zebras through the streets after they escaped from their handlers.

## World

# Iraq Blast Kills 4 U.S. Soldiers

Suicide car bombing is deadliest attack on military in 9 months

**BAGHDAD** | A suicide car bomber struck a U.S. patrol in northern Iraq on Monday, killing four American soldiers and an Iraqi interpreter in the deadliest single attack against U.S. forces in nine months.

The blast occurred as U.S. vehicles were passing near an Iraqi police checkpoint in Mosul, Iraq's third-largest city and the last major urban battleground in the war against al-Qaeda and other Sunni insurgents.

American casualties have fallen to some of their lowest levels of the war since thousands of Sunnis abandoned the insurgency, and U.S. and Iraqi forces routed Shiite militias in Baghdad and Basra last spring. Only five of the 16 U.S. service members who died in Iraq last month were killed in action.

However, fighting continues in Mosul and elsewhere in northern Iraq — a conflict that U.S. officials say is driven in part by rivalries between Sunni Arabs and Kurds. Many Sunni extremists are believed to have fled north after being driven from longtime strongholds in Baghdad and central Iraq.

Also Monday, two Iraqi security officials said four Iraqis transferred to Iraq from the U.S. detention center at Guantanamo Bay were being interrogated.

The officials said the men had been arrested in Afghanistan and held at Guantanamo before being handed over last month. The officials spoke on condition of anonymity because they were not authorized to speak to the media. **ROBERT H. REID (AP)**



**BY THE NUMBERS:** A storeroom housing 22 ancient Egyptian mummies has been unearthed inside a 2,600-year-old tomb at the vast necropolis of Saqqara, Egypt, archaeologists said Monday. (AP)



A wildlife officer looks at the devastation caused by fires along the main street of Marysville, Australia, Monday. The blazes have left 5,000 people homeless, officials said.

# Arson Suspected in Australia Fires

Police declare crime scenes in some towns as death toll increases

**WHITTLESEA, AUSTRALIA** | Disaster teams found charred bodies on roadsides and in crashed cars — grim signs of the futile attempt to flee raging fires fed by 60 mph winds, record heat and drought that caught even fire-savvy Australians by surprise.

As the death toll rose Tuesday to 173 in Australia's worst wildfire

disaster, suspicions that some of the 400 blazes were caused by arson led police to declare crime scenes in some of the incinerated towns, police Senior Constable Cendra Jackson said.

The fires in southeastern Australia destroyed more than 750 homes, left 5,000 people homeless and burned 1,100 square miles of land, the Victoria Country Fire Service said. Whole forests were reduced to leafless, charred trunks. Farmland was in ashes.

Officials said panic and the

## 'HELLISH' CONDITIONS

Amid the worst drought in a century, southern Australia experienced "hellish" conditions for a fire on Saturday, said Jim Andrews of Accuweather.com:

**117** temperature, in degrees Fahrenheit  
**7%** relative humidity  
**50** speed of wind gusts, in miles per hour

freight-train speed of the walls of flames likely accounted for the unusually high death toll.

"It was very quick and ferocious and took everyone by surprise," said Jack Barber, who, with his wife, a neighbor, six cats and a dog, sought refuge with five other people on a cricket field in Kinglake.

"All around us was 100-foot flames ringing the oval, and we ran where the wind wasn't. It was swirling all over the place," he said. "For three hours, we dodged the wind."

**TANALEE SMITH (AP)**

# Suicide Attack Kills 28 in Sri Lanka

Suspected Tamil rebel posing as war refugee detonates explosives

**COLOMBO, SRI LANKA** | A suspected Tamil Tiger rebel who pretended to be a war refugee blew herself up Monday as Sri Lankan soldiers frisked her at a checkpoint. Twenty troops and eight civilians died.

State TV showed the carnage after the suicide bombing in Vishwamadu, a northeastern town where hundreds of civilians had been waiting to be sent to refugee camps.



Aid workers carry a blast survivor in Anuradhapura, Sri Lanka, on Monday.

face-down in the dirt. He dropped her body on top of another corpse in a truck, leaving their bloodied, bare feet jutting out the back.

The footage, released by the government, did not show the bodies of any soldiers.

Government troops claim to be closing in on the Tamil Tiger rebels in their push to end a 25-year-old war that has killed about 70,000 people. The suicide attack Monday fed fears that the rebels could be stepping up guerrilla warfare in their battle for a separate state for the Tamil minority. **JEAN H. LEE (AP)**

## INDIA | TRADITION



**RELIGIOUS RITUAL:** Hindu worshippers lead a sacrificial animal during a local festival dedicated to the Hindu god Shiva in Suryapet, India, on Monday.



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## World



SEBASTIAN SCHNEIDER/AP



MUHAMMAD HURENYAP

**FRONT-RUNNERS:** In Tel Aviv, a man passes a Benjamin Netanyahu ad with a graffiti hand, top. A Tzipi Livni supporter poses with campaign posters in Daliyat Al-Carmel.

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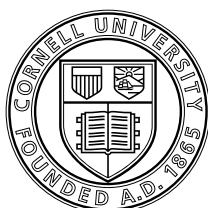
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# Israel's Election Is Too Close to Call

## Coalition government likely to emerge could threaten peace efforts

**JERUSALEM** | Israel's election has suddenly become too close to call, though hard-liners are expected to have an edge in the horse trading that is sure to follow Tuesday's vote.

The fractious coalition government likely to emerge could complicate efforts to create a Palestinian state and pose big challenges for President Barack Obama, who has made achieving Middle East peace a top priority.

The race pits former Prime Minister Benjamin Netanyahu, who opposes giving up land in the name of peace, against Foreign Minister Tzipi Livni, a centrist who hopes to become the country's first female leader in nearly 40 years.

For months, opinion polls have predicted a decisive victory by Netanyahu's Likud Party. But new polls released over the weekend showed Livni's Kadima Party closing the gap. Neither is expected to get more than 30 seats in the 120-

seat parliament, however, meaning the winner will have to form a coalition with smaller parties.

Netanyahu seems to be in a far better position, since his allies in the nationalist right wing of Israeli politics are polling well. In particular, Netanyahu's former protegee, Avigdor Lieberman, appears poised to make gains on a platform that calls for Israeli Arabs to swear loyalty to the state or lose citizenship.

**An estimated  
15 to 20  
percent of  
voters remain  
undecided.**

While Livni could still eke out a victory, it appears mathematically impossible for her to form a coalition without bringing in Lieberman or some other hard-line party.

Still, polls have often been inaccurate in Israel. And an estimated 15 to 20 percent of voters remain undecided. JOSEF FEDERMAN (AP)





**WORLDLY MAN:** The Dalai Lama was named an honorary citizen of Rome on Monday. The Tibetan spiritual leader is slated to receive honorary citizenship in Venice Tuesday.

## World

# Fire Engulfs Beijing Hotel

Fireworks spark blaze in a nearly complete 44-story luxury hotel

BEIJING | The burning shell of an unfinished 44-story luxury hotel lit the night sky over downtown Beijing on Monday after being showered with sparks from fireworks set off during China's biggest holiday.

Flames surged up one side of the hotel and sent off huge plumes of black smoke, showering the ground with embers as police held back crowds of onlookers.

There were no reports of deaths or injuries.

Beijing usually tightly restricts the use of fireworks downtown but waives the rules each year during the Lunar New Year holiday. Monday was the final day for fireworks, marking the first full moon since the Lunar New Year, and massive barrages exploded throughout the city.

The Mandarin Oriental hotel, designed by Netherlands architects Rem Koolhaas and Ole Scheeren,



A crowd watches as the unfinished Mandarin Oriental hotel is engulfed by flames in Beijing on Monday. Sparks from fireworks were said to have caused the blaze.

was part of a striking complex that helped transform Beijing's skyline for last year's Olympics. It is next to China Central Television's landmark Z-shaped headquarters, a major prestige project for the government. The television headquar-

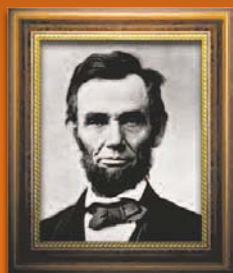
ters was not burning.

The hotel had been expected to be one of Beijing's most luxurious when it opened this year. Both the hotel and the television tower were nearing the end of construction.

CHI-CHI ZHANG (AP)



**Madam C.J. Walker**  
Entrepreneur  
(1867-1919)



**Abraham Lincoln**  
16th President  
(1809-1865)

**Sara Jones**  
Vaccine Trial Participant  
(Present day)

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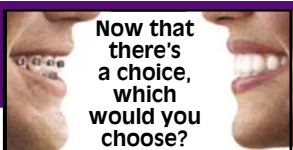
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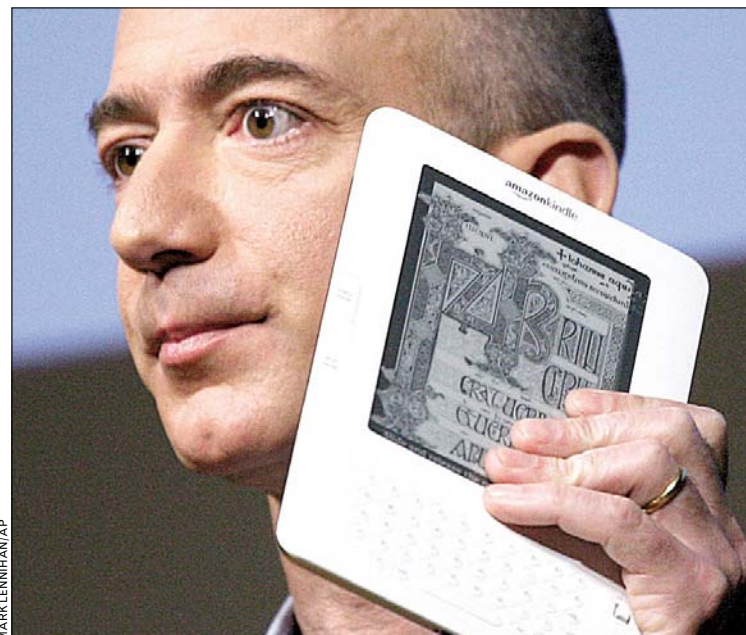
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# Money



Amazon chairman and CEO Jeff Bezos unveils the Kindle 2, an upgraded version of the electronic reading device, at a press conference in New York on Monday.

## Kindle's Size, Not Price, Is Reduced

Amazon.com unveils upgraded version of electronic book reader

NEW YORK | Amazon.com Inc. is releasing a slimmer version of its Kindle electronic reading device, but it still costs \$359 — making it unclear how mainstream even an improved Kindle can be during a brutal recession.

Rather than lowering the price, Amazon touted several upgrades to the e-book reader and a novella from Stephen King that will be available exclusively for the device. The new Kindle is expected to begin shipping Feb. 24, with owners of the first Kindle at the front of the line if they want to upgrade.

"This device is a significant improvement versus the first generation," Amazon CEO and founder Jeff Bezos said in an interview.

He said there was no way to lower the price, given the upgrad-

ed components in the Kindle 2, which is a bit more than 1/3-inch thick — about half the thickness of the first Kindle. Its 6-inch screen can display 16 shades of gray, compared with the previous Kindle's four shades. It will be able to read text aloud from two small speakers on the back, and it can store 1,500 books, instead of 200.

The new Kindle is slightly taller, but like the old version, it weighs about 10 ounces. It downloads books, newspaper stories and blog posts over Sprint Nextel Corp.'s wireless network.

E-books still don't exceed 1 percent of overall book sales, but publishers say they are a fast-growing niche, a rare area of improvement in an otherwise terrible market. Although some publishers have expressed nervousness about Amazon.com's market power, they have supported the Kindle and expanded the number of books available for it. RACHEL METZ (AP)

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**RECESSION STARBUCKS:** Starbucks Corp., which is trying to refashion its image as a more recession-friendly coffeehouse, says it will soon introduce value-meal type options for \$3.95 in its U.S. stores. Customers will be able to order a tall latte and a slice of cinnamon swirl coffee cake, or coffee and a breakfast sandwich for the discounted price. (AP)





**THANKS, BUT NO, THANKS:** Gov. Tim Kaine called Virginia's members of Congress to Richmond to discuss the state's federal stimulus package needs, but all five Republicans were absent. Kaine said they didn't even send aides to represent them.

## Local

IN **The Washington Post** | BIRDS SAVED FROM FILTH



**A HAPPIER HOME:** Brian Wilson in Damascus, Md., spends time Monday with a Moluccan Cockatoo, one of 81 birds rescued from a Gaithersburg home.

◆ **Big bird herd:** The breeder who let the birds live in squalor was a "definite animal lover" who "[was in] over his head," Wilson said. | **Today's Metro**

# Feds Want Barry Jailed

**Prosecutors say council member violated his probation in tax case**

Federal prosecutors Monday asked a federal judge to send D.C. Council member Marion Barry, D-Ward 8, to jail for not filing his most recent tax returns.

Prosecutors alleged that Barry, by not filing his 2007 federal and D.C. tax returns, had violated the terms of his probation for previous tax offenses. Barry, 72, who pleaded guilty in 2005 to not filing tax returns from 1999 through 2004, has not filed such documents on time for eight of the last nine years, prosecutors said.

"The defendant's conduct regarding tax year 2007 is indefensible," wrote Assistant U.S. Attorney Tom Zeno in a motion filed in U.S. District Court Monday afternoon. "It is not acceptable for any citizen to shirk a basic civil duty, let alone a former mayor and current city councilman who has been responsible in the past and continues to be responsible for spending public funds collected from District of Columbia taxpayers."

If the judge does not want to send Barry to jail, prosecutors

wrote, she should hold a hearing in which Barry can explain his conduct.

Prosecutors might then request a two-year extension of the D.C. Council member's probation, they wrote.

It is the second time Barry has run into trouble with his tax case. In 2005, the former mayor pleaded guilty to two misdemeanor tax offenses and admitted he did not pay taxes on most of the \$500,000 he earned from 1999 through 2004.

In March 2006, Barry was sentenced to three years probation by U.S. magistrate judge Deborah Robinson. **DEL QUENTIN WILBER (THE WASHINGTON POST)**



Barry

## The Lotteries

**Monday, Feb. 9**

DISTRICT	
Mid-day Lucky Numbers	0-2-6
Evening Lucky Numbers (Sun.)	8-9-3
Mid-day DC 4	1-9-8-7
Evening DC 4 (Sun.)	4-1-9-9
Rolling Cash Five (Sun.)	10-22-24-25-35
Daily 6 (Sun.)	3-9-14-15-19-26 Bonus: 16

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

### MARYLAND

Mid-day Pick 3	9-8-5
Evening Pick 3 (Sun.)	8-6-4
Mid-day Pick 4	2-5-1-6
Evening Pick 4 (Sun.)	0-0-1-6
Match 5 (Sun.)	10-11-13-17-22 Bonus: 2

### VIRGINIA

Mid-day Pick 3	9-7-5
Evening Pick 3 (Sun.)	3-8-1
Mid-day Pick 4	0-8-3-5
Evening Pick 4 (Sun.)	0-4-8-3
Mid-day Cash 5	12-20-27-28-32
Evening Cash 5 (Sun.)	8-10-15-18-22

# Rhee: Teacher Wage Plan to Be Cut

**DCPS chancellor says poor economy forces WTU proposal cutback**

D.C. Schools Chancellor Michelle A. Rhee said Monday that the deteriorating economy will force the District to cut the wage proposal in its contract offer to the Washington Teachers Union.

The financial package Rhee placed on the table last summer called for a minimum increase of 28 percent over five years, depending on which salary "tier" teachers selected.

But with the District expected to collect at least \$456 million less in tax revenue during the fiscal year 2010, she said the situation has changed.

"Obviously, we're in a much different situation financially," said Rhee, who did not specify the size of the cut during a mid-morning news conference at Randle-Highlands Elementary School in Southeast.

In an op-ed piece published Monday in The Washington Post, Rhee said the revised proposal would be presented "in the coming weeks."

**BILL TURQUE (THE WASHINGTON POST)**

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## The Washington Post

**Love  
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**KING FOR A WEEK:** Cleveland Cavaliers forward LeBron James was named NBA Eastern Conference player of the week Monday. Los Angeles Lakers forward Pau Gasol received the honors for the Western Conference.

## Sports

# Roethlisberger Rib Injury Uncertain

## Steelers QB claims that he played in Super Bowl XLIII while hurt

**FOOTBALL** | The Pittsburgh Steelers have no knowledge that Ben Roethlisberger played the Super Bowl with two broken ribs, as the quarterback told a Web site.

According to SI.com, Roethlisberger said his fractured ribs did not show up on X-rays taken before he led the Steelers to a 27-23 win over Arizona on Feb. 1 but were

revealed only during an MRI he had last week.

"Luckily, in the game, I didn't take any big hits to make 'em hurt," Roethlisberger told SI.com. "But I knew all along there was something wrong. There wouldn't have been anything that could have been done about fractured ribs anyway. It was just suck it up and play."

Roethlisberger did not miss any practices before the Super Bowl, although a pool report from the Wednesday practice said he attempted during the middle of



Ben Roethlisberger says he played in the Super Bowl with two broken ribs.

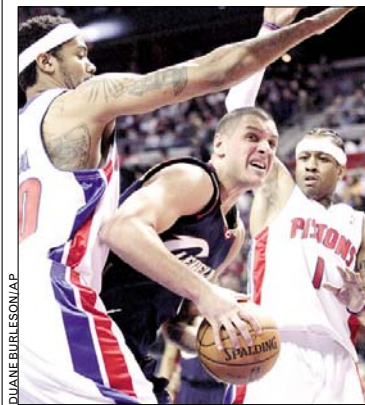
the workout to stretch his torso. He missed one practice during the off-week before the Super Bowl because of what the team said was a back injury.

"There's not a whole lot to say," Steelers spokesman Dave Lockett said Monday.

"Ben was fine to go. He was cleared to play. He didn't miss any [practice] time. There was no doubt he was going to play."

Roethlisberger did not mention any possible injury during post-game interviews. ALAN ROBINSON (AP)

## In Brief



Pavlovic, center, was diagnosed with a high ankle sprain Monday after an MRI.

### NBA Cavaliers' Pavlovic Sidelined With High Ankle Sprain

The Cleveland Cavaliers lost their home winning streak and another piece on Sunday. Versatile swingman Sasha Pavlovic, filling in as a starting guard recently, could miss six weeks after sustaining a high ankle sprain in the Cavaliers' 101-91 loss to the Los Angeles Lakers. Pavlovic underwent an MRI on Monday. Tests revealed the dreaded high ankle sprain, which typically sidelines players for at least one month and can linger longer. (AP)

### NFL Browns Release Backup QBs Dorsey, Gradkowski

Quarterbacks Ken Dorsey and Bruce Gradkowski, who both started games for Cleveland last season, were cut by the Browns on Monday. Dorsey was the club's third-string quarterback but had to make three starts after the Browns lost Derek Anderson and Brady Quinn to season-ending injuries. He sustained a mild concussion in a Dec. 21 loss at Cincinnati, forcing the club to sign Gradkowski for the season finale against Pittsburgh. (AP)

### NFL N.Y. Giants Re-Sign David Carr, Cut 3 More Veterans

The New York Giants re-signed David Carr to back up Eli Manning at quarterback on Monday while cutting three veterans who finished the 2008 season on injured reserve: defensive backs Sam Madison and Sammy Knight, and running back Reuben Droughns. (AP)

## Burress, Union File Grievance

### NFL players' union contests \$1M withheld by Giants for shooting

**NFL** | The NFL players' union filed a grievance contesting the \$1 million the New York Giants withheld from Plaxico Burress' signing bonus after he shot himself in the thigh in November at a nightclub.

Legal briefs were filed Friday in the second of the union's two claims on Burress' behalf, NFL Players Association spokesman Carl Francis said Monday. No dates for the grievance hearings have been set.

The Giants suspended the 31-year-old wide receiver for four games after the accidental shooting in Manhattan. Burress was charged with felony gun possession and is due in court March 31.

The union already filed a grievance over what it termed excessive punishment by the Giants. His suspension cost him more than \$800,000 in salary. The team also fined him more than \$200,000, his single-game salary.

The latest grievance concerns the \$1 million the team is withholding from the \$4.25 million signing bonus Burress received when he extended his contract last August. (AP)



From left, Dale Earnhardt Jr., Jimmie Johnson, Rick Hendrick, Jeff Gordon and Mark Martin in Daytona Beach, Fla., Saturday.

## Hendrick's All-Star NASCAR Lineup

### Owner enters Daytona with one of the sport's deepest teams ever

**NASCAR** | Rick Hendrick walks through the Daytona garage, his shirt neatly pressed and tucked in, his hat squarely centered on his head and a perpetual smile on his face.

He stops to shake hands, chat with colleagues and check on his race team. He makes it all look so easy, too. Maybe it is, especially with his collection of talent.

After winning three consecutive Sprint Cup championships and eight of the last 14, NASCAR's premier program enters the Daytona 500 with maybe the deepest team in the sport's five decades.

Mark Martin, a 50-year-old workout fanatic who's considered the best driver to never win a title, joins four-time champion Jeff Gordon, three-time defending champ Jimmie Johnson and fan favorite Dale Earnhardt Jr. this season — giving Hendrick Motorsports a lineup so stacked it might make the New York Yankees jealous.

"I never would have thought that we would ever have a lineup like this or any team would ever have a lineup like this," said Alan Gustafson, Martin's crew chief. "The stars aligned, the opportunities were there, and Mr. Hendrick's reputation and respect, how he treats people and runs his businesses and organizations, made it all possible."

"I don't think anyone else could ever compile that kind of talent and keep everyone happy in their own shoes. It's a huge compliment to Mr. Hendrick, and he deserves every bit of it." MARK LONG (AP)



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## Sports

**BACK IN BLACK:** D.C. United on Monday sent Ivan Guerrero, a designated player, and a 2010 draft pick to the Colorado Rapids for 2006 MLS MVP Christian Gomez.



# Vonn Takes Downhill Gold

U.S. skier wins 2nd world championship after Super-G crown

SKIING | Lindsey Vonn won the women's downhill Monday for her second gold at the world championships, holding off a stiff challenge from Swiss teenager Lara Gut.

The American was timed in 1 minute, 30.31 seconds for her run down the Rhone-Alpes course.

Gut finished second, 0.52 behind, to match her silver medal in the super-combined, and Nadia Fanchini of Italy was third, 0.57 back.

Vonn opened the championships by winning the super-G on Tuesday for her first career gold medal at a worlds or Olympics.

The downhill was initially scheduled for Sunday, but was postponed due to excessive snow. Vonn built up so much nervous tension that she took the unusual move of asking her husband, a former U.S. Ski Team racer and her chief adviser,



Lindsay Vonn kisses her husband, Thomas, after winning the downhill on Monday.

to stay with her up at the start for the first time in her career.

"It really got me in the right frame of mind," Vonn said. "He was making jokes and trying to relax me. And then when I was in the start, he was telling me to take it, to do it. He believed in me, and that made me believe more in myself. I'm just so thankful that I have someone

like him. He's the reason why I'm so successful."

Vonn has won four of her last five races, her only loss coming when she was disqualified in the slalom portion of Friday's super-combined. She joined Andrea Mead Lawrence as the only American women to win two golds at a world championship.

ANDREW DAMPF (AP)

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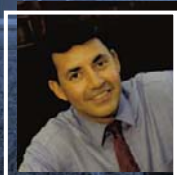
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**STILL NO. 1:** The UConn Huskies (22-1) remained atop The Associated Press' men's basketball poll after beating No. 5 Louisville and Michigan last week.

## Sports



Americans Tyson Gay, left, and Darvis Patton, right, drop the baton in the 4x100-meter relay at the Olympics on Aug. 21, 2008.

# Panel: USATF Change Due

## 'Project 30' task force calls for a full overhaul of team's operations

**OLYMPICS** | In an unflinching breakdown of what went wrong with the American track team at the Beijing Olympics, a task force lashed out at the relay system, recommended streamlining Olympic trials and called for a more stringent policy for dopers who want to be reinstated.

The 69-page report released Monday, heavy on uncomfortable details and scathing conclusions, was commissioned by Doug Logan, USA Track and Field's new chief executive officer.

Americans led all countries in Beijing, with 23 track and field med-

als, but failed to live up to expectations in many areas. Their seven gold medals were the least total since the 1997 world championships.

The task force is called "Project 30," a nod to the goal of winning 30 medals at the 2012 London Olympics.

**23**  
The number of track and field medals the U.S. won at the 2008 Beijing Summer Olympics.

The nine-person panel, which included sprint great Carl Lewis and 2004 marathon bronze medalist Deena Kastor, decried an overall "lack of accountability, professionalism and cohesion" among staff, coaches and athletes.

The group suggested athletes focus more on winning Olympic medals, and less on things such as

appearance fees and access to TVs in the Olympic village.

"I read the report several times and will confess that some of their findings are jarring and shocking," Logan wrote in a blog, also posted Monday. "However, we all must be big enough to admit our lapses and move to improve."

To spearhead the changes, the task force called for the hiring of a general manager to oversee all aspects of USATF, which long has been criticized as being too political and balkanized.

Though not specifically asked to cover the doping issue, the task force did anyway, saying, "This is the single most important issue to the long-term success of track and field, domestically and internationally." **EDDIE PELLIS (AP)**

## TODAY'S TV LINEUP

**NBA BASKETBALL (7 P.M. ON CSN)** The Washington Wizards look to make it two in a row for just the second time this season against Southeast Division rival Atlanta.

**MEN'S COLLEGE BASKETBALL (7 P.M. ON ESPN)** No. 9 Michigan State goes on the road to face John Beilein's Michigan Wolverines at Ann Arbor.

**MEN'S COLLEGE BASKETBALL (7:30 P.M. ON ESPN)** No. 13 Villanova hosts No. 12 Marquette in a battle of two of the Big East's top teams. The Golden Eagles will be looking to avenge a New Year's Day loss to the Wildcats at home.

**HOCKEY (7 P.M. ON VERSUS)** Joe Thornton heads back to Boston to take on his former team as a member of the Sharks.

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XP ...\$299**Sports****15****The ranking of** Tennessee's women's basketball team in the latest Associated Press poll, after two losses last week. The ranking is the lowest in 23 years for coach Pat Summitt's team.**Tiger's 2nd Child Is a Boy****Golfer, wife welcome their son, Charlie Axel Woods, on Sunday****GOLF** | On the day Tiger Woods usually hoists a trophy at Torrey Pines, the world's No. 1 golfer was busy with the birth of his first son.

Woods announced on his Web site early Monday that his wife, Elin, had given birth to a boy, Charlie Axel Woods. It is the couple's second child. Their daughter, Sam Alexis, was born in June 2007 the day after the U.S. Open.

"Elin and I are thrilled to announce the birth of our son, Charlie Axel Woods, who was born on Sunday February 8, 2009," Woods wrote in the statement. "Both Charlie and Elin are doing great and we want to thank everyone for their sincere best wishes and kind thoughts. Sam is very excited to be a big sister and we feel truly blessed to have such a wonderful family."

"I also want to thank our doc-



Tiger Woods, right, announced Monday that his wife, Elin, had given birth to a boy, Charlie Axel Woods. The couple's daughter, Sam Alexis, was born in June 2007.

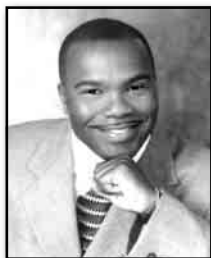
tors, nurses and the hospital staff for their personal and professional care. We look forward to introducing Charlie to you at the appropriate time, and again thanks from all of us for your kindness and support."

The 33-year-old Woods is a six-time winner of the Buick Invitation-

al, where he also won the U.S. Open last summer for his 14th career major. That was the last tournament he played in because of knee surgery a week later that ended his 2008 season. He is expected to return before the Masters, possibly as early as the Accenture Match Play Championship on Feb. 25. (AP)

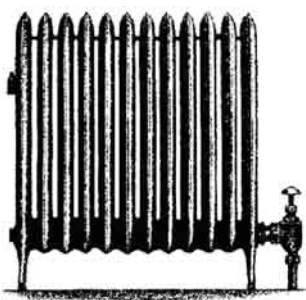
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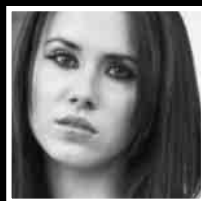


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# Entertainment

**PUBLIC PRAISE:** "Private Practice," the "Grey's Anatomy" spin-off starring Kate Walsh, got off to a rocky start last season, with disappointing ratings. But last week, the show zoomed to its best-ever ratings in the advertiser-friendly demographic of viewers ages 18 to 49.



**YOU'VE HEARD IT ALL BEFORE:** Yet somehow, "Astral Weeks Live" will renew your connection with Van Morrison's music.

## Oldies, but New

### Van Morrison revisits 'Astral Weeks' with an updated attitude

**CD REVIEW** | Unless you could afford the steep ticket prices for Van Morrison's performances last November at L.A.'s Hollywood Bowl (it cost \$75 for one of the cheap seats) or at the end of this month in New York City, this live album (or the future

live DVD) is the closest you'll get to hearing his seminal album "Astral Weeks" performed live in one sitting. While most live albums add relatively little to the artist's overall oeuvre, "Astral Weeks Live at the Hollywood Bowl" actually enhances "Astral Weeks": it both reminds us how good the original material was and gives enough different twists on those songs.

Those fresh arrangements are

brought in part by the change in perspective these songs have when performed by a man who has aged 40 years since the album's 1968 release. Sung by a man in his early 20s, "The Way Young Lovers Do" is a straightforward celebration of love; by contrast, the 63-year-old Morrison turns this song into a nostalgic yearning for the innocence of young love. Even the jazzy horn blasts in the chorus can't shake the

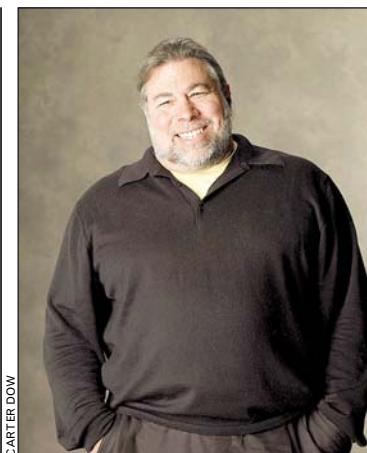
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To read more about "Astral Weeks Live" or see videos from Van Morrison's Hollywood Bowl performance, visit our Web site. **ONLINE NOW**  
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yearning from his lines "Then we sat on our own star and dreamed of the way that we were/And the way that we were meant to be." The class struggle in "Cyprus Avenue" doesn't have the undercurrent of hope for a better future that the album version did, but Morrison's live stuttering of "my t-t-t-ton-tongue gets t-t-t-tied" certainly conveys the feeling of being caught somewhere he doesn't belong.

Another change is that Morrison chose not to perform these songs in their album order. Perhaps he wanted to introduce a bit of spontaneity, or perhaps this was the sequencing he preferred over producer Lewis Merenstein's ultimate track list — but either way, his song order flows remarkably well.

This show is certainly far from perfect — "Beside You" starts out a bit shaky and takes a few minutes to gel, and the concert announcer's overexuberant (and repetitive) shouting of "VAN MORRISON!" at the end of "Listen to the Lion" is particularly jarring. But it's easy enough just to get lost in Morrison's re-creation of his masterpiece — and to be reminded yet again of the timeless strength of "Astral Weeks." CATHERINE LEWIS



Ladies, calm down. There's enough of this dancing machine to go around.

## Dancing With the Brain

### Apple co-founder Steve Wozniak will be waltzing on ABC

**MOVES** | The new season of "Dancing With the Stars" will feature three couples and — with the show's touch for the improbable — one computer guru.

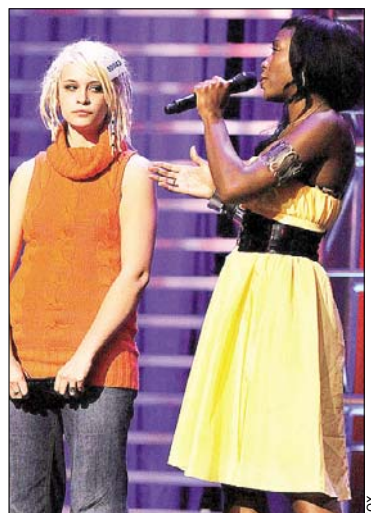
Apple co-founder Steve Wozniak is among 13 celebrities who will compete on the ABC series' eighth season, which begins March 9, the network said Sunday.

Romantic relationships may be put to the test this time around, with couples taking to the dance floor with and against each other.

Pop star Jewel and her husband, rodeo champion Ty Murray, will compete for bragging rights, ABC said, while country singer Chuck Wicks will take the floor with his girlfriend, two-time "Dancing With the Stars" champion Julianne Hough.

Professional dancers and series regulars Maksim Chmerkovskiy and Karina Smirnoff, who are newly engaged, will be waltzing in the arms of others.

Olympic gold-medal gymnast Shawn Johnson gets to make her mark just by showing up: At 17, she's the youngest competitor to date, ABC said. LYNN ELBER (AP)



A combative group mate helped quash the "Idol" bid of Rose Flack, at left.

## Selling the Melodrama

### A surefire way to get airtime on 'American Idol' is to cry — a lot

**TEAR DUCTS** | Nathaniel Marshall has sobbed more on national television than victims of some of our most horrendous national tragedies.

The face-pierced 18-year-old from Malone, N.Y., blubbered during his performance in the first round in Hollywood. And he went on a sob-punctuated rant before the second

round. We've heard him cry more than we've heard him sing.

And the "Idol" histrionics don't end there. Drama queen Tatiana Del Toro bawled before and after her group performance, seemingly drowning in a pool of self-importance. And the antics of Bikini Girl Katrina Darrell helped sink the promising "Idol" bid of hippie chick Rose Flack.

The hyperemotional make for good TV, but focusing on them meant we didn't see why more talented folks

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didn't make the cut. Let's hope this week's shows, starting tonight at 8 on Fox, will bring less sorrow and more singing. GREG BARBER (EXPRESS)



## Entertainment

# Drug War Zone

**Garry Leech mixes the personal with the political in a new book**

**BOOK** | In 2006, journalist Garry Leech was kidnapped by Colombia's largest guerrilla group. He was held for 11 hours as the Revolutionary Armed Forces of Colombia (better known as FARC) decided his fate: Grant his request to see coca fields fumigated by U.S.-government-backed Colombian military planes; deny his request to see the fields and order him to leave the region; deny his request and keep him kidnapped for an extended period of time; or execute him.

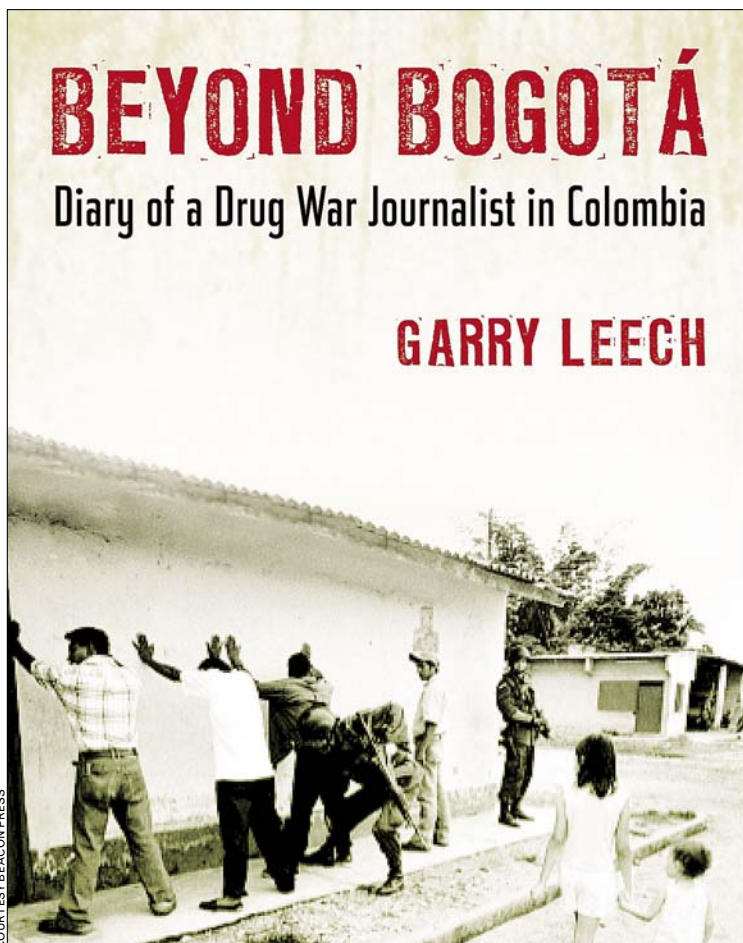
Leech had nothing but time to think during his ordeal, and

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To see photos from Garry Leech's travels in Colombia and to read more about his book, "Beyond Bogota," visit our Web site. | **ONLINE NOW**  
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though he had been kidnapped before, this time was different — he had a 3-month-old son, Owen, at home. "I couldn't stop thinking that if anything happened to me, either during that detention or at any other time in Colombia, I wouldn't be around to explain to Owen, when he grew up, what his father did," he writes in the introduction to his new book, "Beyond Bogota: Diary of a Drug War Journalist in Colombia."

He had written about Colombia and Latin America before — five books' worth of information about the region — but they didn't delve into Leech's experiences or opinions. "Beyond Bogota" is a new direction for Leech. "In my other [books], there's no personal accounts — I don't exist. There's nothing about my personal experiences at all. This is a whole new style for me, to write in the first person and to have me as a protagonist in



In "Beyond Bogota," Garry Leech recounts the experience of being kidnapped.

the book," he says.

In a serious yet conversational manner, Leech takes readers through a whirlwind tour of Colombian politics. He introduces paramilitary groups and the Colombian military, the terrorist-branded guerrilla groups such as FARC and the ELN, and, most importantly, he focuses on the rural population of Colombia. "Last year, it is estimated that almost a half-million Colombians were displaced by violence. Colombia has the second largest internal refugee population in the world after Sudan and Darfur — almost 4 million people. ... If this was a sub-Saharan African nation, we'd be saying it's a humanitarian disaster going on," Leech says.

With the arrival of a new administration in Washington, Leech says, some minor changes may occur in the region, but he explains that a large-scale restructuring of

U.S. involvement in Colombia is unlikely.

"There will be a little more emphasis on human rights, a little more pressure on the Colombian government and military to improve its human rights record in order to receive military aid," Leech says. "But they're only small steps. Ultimately, the same structural problems that exist with U.S. policy in Colombia will continue because, basically, the Obama administration is pro-free trade."

And yet, Leech hasn't abandoned hope for the region, citing the election of indigenous President Evo Morales in Bolivia, and the country's passage of landmark legislation granting rights to all indigenous citizens. KATHERINE SILKAITIS

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THE UNINVITED (PG-13) (100 315 545) 815 1015  
TAKEN (PG-13) (115 230 330 445 545) 700 800 915 1015  
INKHEART (PG) (100 PM)  
UNDERWORLD 3 (R) - ID REQ'D (1245 315 530) 745 1000  
SLUMDOG MILLIONAIRE (R) - ID REQ'D (200 445) 730 1015  
NOTORIOUS (R) - ID REQ'D (1245 330) 630 930  
PAUL BLART MALL COP (PG) (1245 245 500) 715 930  
HOTEL FOR DOGS (PG) (145 PM 415 PM) 645 PM  
GRAN TORINO (R) - ID REQ'D (345 PM) 630 PM 915 PM  
NOT EASILY BROKEN (PG-13) (215 515) 745 1030  
THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) 915 PM

### GALLERY PLACE STADIUM 14

701 Seventh St NW 800-FANDANGO 1721#

**Adv. Tix on Sale** TYLER PERRY'S: MADEA GOES TO JAIL  
**Adv. Tix on Sale** FRIDAY THE 13TH  
THE PINK PANTHER 2 (PG) (1215 245) 515 740 1010  
HE'S JUST NOT THAT INTO YOU (PG-13) (1205 1250) 310 400 610 715 920 1020  
PUSH (PG-13) (1235 300) 700 1000  
NEW IN TOWN (PG-13) (1200 225) 445 935  
THE UNINVITED (PG-13) (1225 240) 800 1030  
TAKEN (PG-13) (1210 230) 415 500 730 900 950  
OC: UNDERWORLD 3 (R) - ID REQ'D (1240 PM) 1025 PM  
NOTORIOUS (R) - ID REQ'D (1240 PM) 1025 PM  
PAUL BLART MALL COP (PG) (1220 235) 450 940  
DEFIANCE (R) - ID REQ'D (1150 AM)  
MY BLOODY VALENTINE 3D (R) - ID REQ'D ★ (1155 220 510) 745 1015  
BRIDE WARS (PG) (1145 AM 200 PM)  
THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) (250 PM) 620 PM 955 PM  
GRAN TORINO (R) - ID REQ'D (100 PM) 345 PM 930 PM  
FROST NIXON (R) - ID REQ'D (110 PM) 440 PM

### BALLSTON COMMON STADIUM 12

671 N Glebe Rd 800-FANDANGO 377#

**Adv. Tix on Sale** TYLER PERRY'S: MADEA GOES TO JAIL  
**Adv. Tix on Sale** FRIDAY THE 13TH  
THE PINK PANTHER 2 (PG) (140 240 410 510) 640 740 910 1010  
NEW IN TOWN (PG-13) (250 515) 735 1015  
TAKEN (PG-13) (135 415 455) 655 730 915 1020  
INKHEART (PG) (110 PM)  
UNDERWORLD 3 (R) - ID REQ'D (115 405) 720 1020  
PAUL BLART MALL COP (PG) (200 435) 745 1020  
NOTORIOUS (R) - ID REQ'D (155 PM)  
HOTEL FOR DOGS (PG) (150 PM 430 PM) 715 PM  
REVOLUTIONARY ROAD (R) - ID REQ'D (420 PM) 700 PM 1000 PM  
DOUBT (PG-13) (350 PM) 620 PM 850 PM  
GRAN TORINO (R) - ID REQ'D (105 400) 710 955  
SLUMDOG MILLIONAIRE (R) - ID REQ'D (100 355) 650 950  
RACHEL GETTING MARRIED (R) - ID REQ'D 935 PM

### POTOMAC YARD STADIUM 16

3575 Jefferson Davis Hwy 800-FANDANGO 69#

**Adv. Tix on Sale** TYLER PERRY'S: MADEA GOES TO JAIL  
**Adv. Tix on Sale** FRIDAY THE 13TH  
CORALINE - 3D (PG) ★ (120 400) 640 915  
THE PINK PANTHER 2 (PG) (200 435) 700 930  
HE'S JUST NOT THAT INTO YOU (PG-13) (1210 110 320 420) 630 730 940 1040  
PAUL BLART MALL COP (PG) (100 350) 620 850  
PUSH (PG-13) (140 430) 720 1010  
NEW IN TOWN (PG-13) (205 450) 725 1000  
THE UNINVITED (PG-13) (240 410 510) 650 750 920 1020  
OC: UNDERWORLD 3 (R) - ID REQ'D (1245 330) 600 825  
INKHEART (PG) (340 PM) 845 PM  
UNDERWORLD 3 (R) - ID REQ'D (115 PM) 610 PM  
DEFIANCE (R) - ID REQ'D (1240 PM 425 PM) 740 PM  
HOTEL FOR DOGS (PG) (150 PM 440 PM) 710 PM  
BRIDE WARS (PG) (130 PM)  
THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) (1250 PM 445 PM) 830 PM  
FROST NIXON (R) - ID REQ'D (500 PM) 800 PM  
GRAN TORINO (R) - ID REQ'D (300 PM) 600 PM 900 PM

### KINGSTOWNE STADIUM 16

5810 Kingstowne Towne Center 703-822-4956

**Adv. Tix on Sale** TYLER PERRY'S: MADEA GOES TO JAIL  
**Adv. Tix on Sale** FRIDAY THE 13TH  
RW: HE'S JUST NOT THAT INTO YOU (PG-13) (1215 315) 615 910  
PUSH (PG-13) (1200 235 510) 745 1020  
CORALINE (PG) (1200 225 455) 725 955  
THE PINK PANTHER 2 (PG) (1230 245 500) 800 1015  
HE'S JUST NOT THAT INTO YOU (PG-13) (1240 400) 720 1020  
NEW IN TOWN (PG-13) (120 345) 740 1010  
THE UNINVITED (PG-13) (1220 230 445) 750 1005  
TAKEN (PG-13) (1235 300 415 520) 630 735 845 1000  
INKHEART (PG) (1210 PM)  
UNDERWORLD 3 (R) - ID REQ'D (110 330) 605 850  
PAUL BLART MALL COP (PG) (1205 220 435) 705 920  
HOTEL FOR DOGS (PG) (1255 PM 425 PM) 715 PM  
BRIDE WARS (PG) (100 PM)  
REVOLUTIONARY ROAD (R) - ID REQ'D 945 PM  
THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) (240 PM) 620 PM 950 PM  
THE WRESTLER (R) - ID REQ'D (115 355) 650 930  
GRAN TORINO (R) - ID REQ'D (105 405) 700 940  
SLUMDOG MILLIONAIRE (R) - ID REQ'D (1250 340) 635 925

### COUNTRYSIDE STADIUM 29

45980 Regal Plaza 800-FANDANGO 394#

**Adv. Tix on Sale** TYLER PERRY'S: MADEA GOES TO JAIL  
**Adv. Tix on Sale** FRIDAY THE 13TH  
SLUMDOG MILLIONAIRE (R) - ID REQ'D (1210 310) 610 905  
THE WRESTLER (R) - ID REQ'D (1240 315) 615 850  
MILK (R) - ID REQ'D (410 PM) 715 PM 1020 PM  
THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) (1235 PM 425 PM) 805 PM  
REVOLUTIONARY ROAD (R) - ID REQ'D (115 405) 700 945  
DOUBT (PG-13) (1250 335) 620 920  
PUSH (PG-13) (125 PM)  
CORALINE - 3D (PG) (120 420) 720 950  
NEW IN TOWN (PG-13) (145 435) 745 1015  
THE UNINVITED (PG-13) (1205 225 450) 725 945  
TAKEN (PG-13) (1220 240 400 505) 650 750 910 1010  
OC: UNDERWORLD 3 (R) - ID REQ'D (500 PM) 1025 PM  
INKHEART (PG) (100 PM 340 PM) 645 PM  
UNDERWORLD 3 (R) - ID REQ'D (150 PM) 800 PM  
DEFIANCE (R) - ID REQ'D (1245 PM 320 PM) 925 PM  
HOTEL FOR DOGS (PG) (1245 PM 320 PM) 925 PM  
BRIDE WARS (PG) (1255 345) 705 1005  
THE READER (R) - ID REQ'D (1215 110 235 350 455) 640 740 900 1000  
THE PINK PANTHER 2 (PG) (1225 130 330 430) 630 730 930 1030

### FOX STADIUM 16

22875 Crawford Plz. Asburn, VA 703-957-1035

**Adv. Tix on Sale** TYLER PERRY'S: MADEA GOES TO JAIL  
**Adv. Tix on Sale** FRIDAY THE 13TH  
CORALINE (PG) (215 445) 715 945  
THE PINK PANTHER 2 (PG) (100 330) 620 820  
HE'S JUST NOT THAT INTO YOU (PG-13) (115 415) 730 1025  
RW & DA: PINK PANTHER 2 (PG) (200 430) 700 920  
PUSH (PG-13) (130 410) 710 950  
RW & DA: TAKEN (PG-13) (145 400) 630 845  
NEW IN TOWN (PG-13) (110 340) 640 900  
THE UNINVITED (PG-13) (230 520) 750 1015  
TAKEN (PG-13) (1245 300 530) 745 1000  
INKHEART (PG) (120 PM 350 PM) 650 PM  
UNDERWORLD 3 (R) - ID REQ'D (240 540) 800 1020  
PAUL BLART MALL COP (PG) (1230 520) 610 830  
BRIDE WARS (PG) (1240 310) 615 840  
REVOLUTIONARY ROAD (R) - ID REQ'D (140 420) 720 1010  
GRAN TORINO (R) - ID REQ'D (150 450) 740 1030  
SLUMDOG MILLIONAIRE (R) - ID REQ'D (1250 PM 320 PM) 620 PM  
HOTEL FOR DOGS - DP (PG) (1250 PM 320 PM) 620 PM  
CURIOUS CASE OF BENJAMIN BUTTON - DP (PG-13) 850 PM

### FAIRFAX TOWNE CENTER 10

4110 W Ox Road 800-FANDANGO 670#

**Adv. Tix on Sale** TYLER PERRY'S: MADEA GOES TO JAIL  
**Adv. Tix on Sale** FRIDAY THE 13TH  
HE'S JUST NOT THAT INTO YOU (PG-13) (100 400) 720 1015  
HE'S JUST NOT THAT INTO YOU - DP (PG-13) (150 450) 750 1035  
THE PINK PANTHER 2 (PG) (110 210 340 430) 700 730 920 950  
PUSH (PG-13) (140 420) 745 1030  
TAKEN (PG-13) (120 350 440) 710 740 940 1025  
HOTEL FOR DOGS (PG) (130 PM 415 PM) 650 PM  
BRIDE WARS (PG) (130 PM)  
LAST CHANCE HARVEY (PG-13) 735 PM 1010 PM  
THE WRESTLER (R) - ID REQ'D (200 445) 725 1000  
DOUBT (PG-13) 1020 PM  
TWILIGHT (PG-13) (105 PM 405 PM)

### MANASSAS STADIUM 14

11380 Bulloch Drive 800-FANDANGO 490#

**Adv. Tix on Sale** TYLER PERRY'S: MADEA GOES TO JAIL  
**Adv. Tix on Sale** FRIDAY THE 13TH  
THE PINK PANTHER 2 (PG) (1200 100 215 315 430 530) 645 745 915 1015  
CORALINE - 3D (PG) ★ (115 415) 700 930  
HE'S JUST NOT THAT INTO YOU (PG-13) (130 445) 735 1035  
PUSH (PG-13) (1230 345) 715 1000  
NEW IN TOWN (PG-13) (220 500) 750 1025  
THE UNINVITED (PG-13) (1250 325 550) 830 1050  
TAKEN (PG-13) (1245 145 300 400 515) 615 800 900 1045  
INKHEART (PG) (1205 PM)  
UNDERWORLD 3 (R) - ID REQ'D (150 440) 710 945  
PAUL BLART MALL COP (PG) (1215 245 545) 815 1040  
HOTEL FOR DOGS (PG) (200 PM 425 PM) 930 PM  
BRIDE WARS (PG) (1210 PM)  
THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) 925 PM  
GRAN TORINO (R) - ID REQ'D (230 PM) 600 PM 850 PM  
SLUMDOG MILLIONAIRE (R) - ID REQ'D (1225 330) 630 940

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### AMC HOFFMAN CENTER 22

Eisenhower Ave and Telegraph Road in Alexandria  
703-998-4AMC

#### DIGITAL 3D

MY BLOODY VALENTINE 3D (R) 1:55, 4:25, 6:55, 9:20

#### DIGITAL PRESENTATION

BRIDE WARS (PG) 4:00

CORALINE (PG) ✓ 1:30, 4:15, 7:00, 9:35 3D NOT AVAILABLE FOR THESE SHOWTIMES

HE'S JUST NOT THAT INTO YOU (PG13) ✓ 1:20, 3:30, 4:30, 6:40, 7:40, 9:55

THE PINK PANTHER 2 (PG) ✓ 2:00, 4:35, 7:25, 10:00

THE PINK PANTHER 2 (PG) 1:25, 4:05, 6:45, 9:10

PUSH (PG13) ✓ 1:40, 4:20, 7:10, 10:15

NEW IN TOWN (PG) 2:35, 4:55, 7:20, 9:50

TAKEN (PG13) 2:45, 5:05, 7:30, 10:05

THE UNINVITED (PG13) 2:05, 4:45, 7:35, 9:50

INKHEART (PG) 1:10, 4:00

UNDERWORLD: RISE OF THE LYCANS (R) 2:50, 5:20, 7:45, 10:10

HOTEL FOR DOGS (PG) 1:00, 3:35, 6:10

NOTORIOUS (R) 6:50, 9:45

PAUL BLART: MALL COP (PG) 3:00, 5:25, 7:50, 10:10

NOT EASILY BROKEN (PG13) 7:15, 9:40

THE CURIOUS CASE OF BENJAMIN BUTTON (PG13) 1:05, 4:50, 8:30

#### AMC SELECT

MILK (R) 3:05

REVOLUTIONARY ROAD (R) 9:00 PM

SLUMDOG MILLIONAIRE (R) 1:15, 4:10, 7:05, 10:00

THE WRESTLER (R) 2:20, 5:10, 7:55

DEFIANCE (R) 6:15, 9:15

LAST CHANCE HARVEY (PG13) 2:10, 4:40

GRAN TORINO (R) 1:45, 4:40, 7:30, 10:20

THE READER (R) 3:40, 6:35, 9:30

### AMC COLUMBIA MALL 14

10300 Patuxent Parkway  
1 (888) AMC-4FUN

#### DIGITAL 3D

CORALINE 3D (PG) ✓ 1:40, 4:10, 6:45, 9:30

#### DIGITAL PRESENTATION

PUSH (PG13) ✓ 2:30, 5:10, 8:00, 10:35

HE'S JUST NOT THAT INTO YOU (PG13) ✓ 1:00, 4:00, 7:00, 10:00

THE PINK PANTHER 2 (PG) ✓ 2:15, 4:50, 7:45, 10:25

NEW IN TOWN (PG) 12:50, 3:10, 5:45, 8:10, 10:45

TAKEN (PG13) 1:10, 3:30, 5:55, 8:20, 10:50

THE UNINVITED (PG13) 1:20, 3:40, 6:00, 8:15, 10:30

INKHEART (PG13) 1:35, 4:05

UNDERWORLD: RISE OF THE LYCANS (R) 12:45, 3:05, 5:30, 7:50, 10:10

HOTEL FOR DOGS (PG) 1:50, 4:25, 7:10, 9:40

HOTEL FOR DOGS (PG) 1:50, 4:25, 7:10, 9:40

NOTORIOUS (R) 9:15 PM

PAUL BLART: MALL COP (PG) 12:55, 3:20, 5:40, 8:10, 10:45

BRIDE WARS (PG) 2:00, 4:35, 6:50

#### AMC SELECT

SLUMDOG MILLIONAIRE (R) 1:25, 4:15, 7:40, 10:40

DEFIANCE (R) 7:15, 10:15

GRAN TORINO (R) 1:45, 4:30, 7:20, 10:05

### LOEWS GEORGETOWN 14

3111 K Street, N.W.  
202-342-6441

#### DIGITAL 3D

CORALINE 3D (PG) ✓ 2:30, 5:00, 7:35, 10:05

HE'S JUST NOT THAT INTO YOU (PG13) ✓ 1:10, 4:00, 7:00, 10:05

THE PINK PANTHER 2 (PG) ✓ 1:00, 3:20, 5:45, 8:10, 10:30

PUSH (PG13) ✓ 1:50, 4:30, 7:15, 10:00

NEW IN TOWN (PG) 2:05, 4:40, 10:20

TAKEN (PG13) 2:35, 4:55, 7:25, 9:50

THE UNINVITED (PG13) 2:35, 4:55, 7:25, 9:50

THE CURIOUS CASE OF BENJAMIN BUTTON (PG13) 1:05, 4:45, 8:30

#### AMC SELECT

FROST/NIXON (R) 2:20, 7:40

REVOLUTIONARY ROAD (R) 4:25, 7:20, 10:15

SLUMDOG MILLIONAIRE (R) 1:40, 4:35, 7:30, 10:20

THE WRESTLER (R) 2:25, 5:05, 7:45, 10:30

DEFIANCE (R) 1:05, 4:05, 7:10, 10:10

LAST CHANCE HARVEY (PG13) 5:10, 10:30

GRAN TORINO (R) 1:15, 4:05, 6:30, 9:40

THE READER (R) 1:55, 4:50, 7:45, 10:25

DOUBT (PG13) 1:45

### AMC POTOMAC MILLS 18

2700 Potomac Mills Circle, Ste 886  
703-998-4262

#### DIGITAL 3D

CORALINE 3D (PG) ✓ 1:45, 4:25, 7:00, 9:35

#### DIGITAL PRESENTATION

PUSH (PG13) ✓ 1:40, 4:30, 7:25, 10:20

HE'S JUST NOT THAT INTO YOU (PG13) ✓ 1:00, 3:05, 4:05, 6:15, 7:15, 9:25, 10:25

THE PINK PANTHER 2 (PG) ✓ 1:30, 2:30, 4:00, 5:00, 6:30, 7:30, 9:00, 10:00

NEW IN TOWN (PG) 2:35, 5:10, 7:40, 10:05

TAKEN (PG13) 2:45, 5:15, 7:45, 10:15

THE UNINVITED (PG13) 12:55, 3:15, 5:40, 7:55, 10:10

INKHEART (PG) 2:00, 4:35, 7:10

UNDERWORLD: RISE OF THE LYCANS (R) 12:50, 3:10, 5:35, 8:05, 10:25

HOTEL FOR DOGS (PG) 1:35, 4:10, 6:40

MY BLOODY VALENTINE (R) 9:20 PM 3D NOT AVAILABLE FOR THESE SHOWTIMES

NOTORIOUS (R) 9:45 PM

PAUL BLART: MALL COP (PG) 2:40, 5:05, 7:35, 10:05

BRIDE WARS (PG) 2:05, 4:20, 6:55

THE UNBORN (PG13) 9:40 PM

THE CURIOUS CASE OF BENJAMIN BUTTON (PG13) 9:15 PM

#### AMC SELECT

REVOLUTIONARY ROAD (R) 1:05, 3:55, 6:50

SLUMDOG MILLIONAIRE (R) 1:20, 4:15, 7:05, 9:50

DEFIANCE (R) 3:30, 6:45, 9:55

GRAN TORINO (R) 1:50, 4:40, 7:20, 10:10

### AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.  
703-998-4AMC

CORALINE (PG) ✓ 2:20, 4:40, 7:00 3D NOT AVAILABLE FOR THESE SHOWTIMES

HE'S JUST NOT THAT INTO YOU (PG13) ✓ 1:40, 4:30, 7:30

PUSH (PG13) ✓ 2:50, 5:20, 8:00

THE UNINVITED (PG13) 1:50, 3:50, 5:50, 8:10

THE CURIOUS CASE OF BENJAMIN BUTTON (PG13) 3:40

#### AMC SELECT

MILK (R) 2:10, 7:40

FROST/NIXON (R) 5:00

THE WRESTLER (R) 2:25, 4:50, 7:20

DEFIANCE (R) 7:10

THE READER (R) 2:30, 5:10, 7:50

### MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo  
301-324-4220

CORALINE (PG) 1:20, 4:20, 7:25, 10:05 3D NOT AVAILABLE FOR THESE SHOWTIMES

HE'S JUST NOT THAT INTO YOU (PG13) 12:55, 3:55, 6:55, 9:55

THE PINK PANTHER 2 (PG) 12:05, 2:15, 4:30, 7:00, 9:30

PUSH (PG13) 1:15, 4:15, 7:15, 10:15

TAKEN (PG13) 12:25, 2:55, 5:25, 7:55, 10:20

THE UNINVITED (PG13) 12:05, 2:15, 4:45, 7:05, 9:45

UNDERWORLD: RISE OF THE LYCANS (R) 12:20, 2:50, 5:20, 7:50, 10:20

HOTEL FOR DOGS (PG) 12:10, 2:40, 5:10, 7:40, 10:10

MY BLOODY VALENTINE (R) 12:05, 5:00, 10:00 3D NOT AVAILABLE FOR THESE SHOWTIMES

NOTORIOUS (R) 1:10, 4:10, 7:10, 10:10

PAUL BLART: MALL COP (PG) 12:15, 2:45, 5:15, 7:45, 10:15

NOT EASILY BROKEN (PG13) 1:25, 4:25, 7:20, 9:50

THE UNBORN (PG13) 2:30, 7:30

### LOEWS SHIRLINGTON 7

2772 South Randolph  
703-671-0910 801

#### AMC SELECT

MILK (R) 1:40, 7:20

REVOLUTIONARY ROAD (R) 1:55, 4:50, 7:30

SLUMDOG MILLIONAIRE (R) 12:15, 2:55, 5:35, 8:20

THE WRESTLER (R) 12:45, 3:15, 5:45, 8:15

THE READER (R) 1:45, 4:35, 7:15

DOUBT (PG13) 2:05, 4:40, 7:05

WENDY AND LUCY (R) ✓ 1:00, 3:00, 5:00, 7:10

RACHEL GETTING MARRIED (R) 4:25

### LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.  
1-800-FANDANGO #713

#### AMC SELECT

FROST/NIXON (R) 2:40, 5:30, 8:15

### AMC TYSONS CORNER 16

7850 Tysons Corner Center  
703-998-4262

#### DIGITAL 3D

CORALINE 3D (PG) ✓ 12:45, 3:10, 5:30, 8:05, 10:30

HE'S JUST NOT THAT INTO YOU (PG13) ✓ 1:10, 4:15, 7:20, 10:15

THE PINK PANTHER 2 (PG) ✓ 12:35, 2:50, 5:05, 7:25, 9:40

PUSH (PG13) ✓ 12:25, 3:00, 5:40, 8:15, 10:50

NEW IN TOWN (PG) 12:30, 3:05, 5:25, 7:45, 10:05

TAKEN (PG13) 12:40, 2:55, 5:10, 7:35, 10:00

THE UNINVITED (PG13) 1:15, 3:40, 5:55, 8:30, 10:45

INKHEART (PG) 2:45, 7:50

UNDERWORLD: RISE OF THE LYCANS (R) 12:20, 2:40, 5:00, 7:15, 9:35

HOTEL FOR DOGS (PG) 12:55, 3:20, 5:45, 8:10, 10:35

MY BLOODY VALENTINE (R) 12:20, 5:15, 10:40 3D NOT AVAILABLE FOR THESE SHOWTIMES

PAUL BLART: MALL COP (PG) 12:50, 3:15, 5:35, 7:55, 10:10

BRIDE WARS (PG) 1:00, 3:25, 5:50, 8:00, 10:20

THE CURIOUS CASE OF BENJAMIN BUTTON (PG13) 1:05, 4:50, 8:25

#### AMC SELECT

REVOLUTIONARY ROAD (R) 1:45, 7:40

SLUMDOG MILLIONAIRE (R) 1:30, 4:20, 7:10, 9:55

DEFIANCE (R) 4:30, 10:25

GRAN TORINO (R) 1:20, 4:05, 7:05, 9:45

### AMC MAZZA GALLERIE

Jenifer and Wisconsin  
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CORALINE (PG) 1:30, 4:15, 7:00 3D NOT AVAILABLE FOR THESE SHOWTIMES

HE'S JUST NOT THAT INTO YOU (PG13) 1:00, 4:00, 7:15

THE PINK PANTHER 2 (PG) 2:10, 4:45, 7:30

TAKEN (PG13) 2:45, 5:20, 8:00

HOTEL FOR DOGS (PG) 2:30, 5:10, 7:50

PAUL BLART: MALL COP (PG) 2:20, 5:00, 7:45

#### AMC SELECT

GRAN TORINO (R) 1:50, 4:05, 6:55



# Television

**DANNY TANNER REPRISAL:** ABC has picked up the sitcom "Surviving Suburbia" with Bob Saget (playing a cynical suburban dad) for a high-profile 9:30 p.m. Monday time slot after "Dancing With the Stars" this spring.



## Cupid Is a Stand-Up Comic

**On FLN's 'Wingman,' Michael Somerville offers singles support**

**MATCHMAKER** | Fine Living Network has hooked up with stand-up comedian Michael Somerville for its dating show "Wingman," and he handles the title role with elan. He's exactly the sort of supportive, full-of-tips guy you'd like by your side in your pursuit of romance.

On the premiere, Somerville takes lovely but love-starved Kela under his wing.

She meets a few candidates who Somerville recruits. Things don't go so well.

Then, armed with useful break-the-ice techniques (a flirtatious toss of the head, the right verbal greeting), Kela heads for a bar, where



**STRIKING MATCHES:** Somerville keeps the mood light while singles are mingling.

Somerville stays out of sight but in radio contact to monitor Kela's progress.

By the end of the episode, its mission accomplished for Somerville and his newly hooked-up protegee. Meanwhile, the audience

will have fun playing voyeur. And maybe those viewers in need will learn some useful dating tips for themselves.

Just in time for Valentine's Day, "Wingman" premieres at 9 tonight.

FRAZIER MOORE (AP)

### ON TV TONIGHT

#### PEANUT LOVE

The mailbox remains empty in the 1975 special **BE MY VALENTINE, CHARLIE BROWN** (8 p.m., ABC).

#### A SURE THING

I predict that Simon and Paula will bicker on **AMERICAN IDOL** (8 p.m., Fox).

#### HOPE THE JURY'S WATCHING

A rap star appears on camera and tries to mentor teens while he awaits sentencing on weapons charges on **T.I. ROAD TO REDEMPTION** (9 p.m., MTV).

#### VITAMIN OD

A diet supplement-related death calls for **LEVERAGE** (10 p.m., TNT).

#### AKA CRAZY LADY

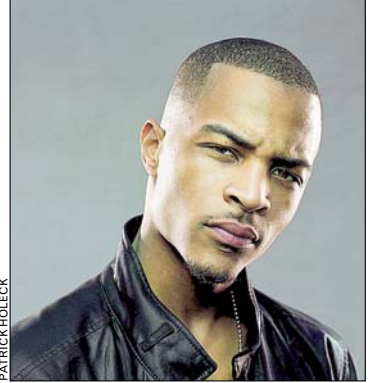
Scheduled on **DATELINE** (10 p.m., NBC): an interview with the mother of octuplets.

#### X-TREME FUN!

Extreme paintball on **WRECKREATION NATION** (10 p.m., Discovery).

#### ON THE PROWL

The action show **DEA** (10 p.m., Spike)



T.I. works with at-risk kids while awaiting his trial on "Road to Redemption."

enters a second season following agents of the Drug Enforcement Agency investigating dealers and making busts.

#### WASHINGTON POST REPRESENTS

Thomas Ricks shoots the breeze on **THE DAILY SHOW WITH JON STEWART** (11 p.m., Comedy Central). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

## express Weddings

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Visit [expressnightout.com](http://expressnightout.com) and click on the contest link. You will be prompted to complete basic information and responses to discussion questions, and to attach a photograph. If you have questions, please send an e-mail with subject line "Weddings Contest" to [weddings@readexpress.com](mailto:weddings@readexpress.com).

#### Selecting the winner:

Express features editors will select five finalist couples whose profiles will appear in the Friday, February 20, issue of the Express Weekend Styles section. Entrants with the most compelling and creative submissions will be selected as finalist couples. Then, Express readers will vote for their favorite finalist couple from February 20 through February 27, and the winning couple will be announced in Weekend Styles on March 6. One couple will win a wedding package worth \$35,000!

**Look in the Express Styles Section on February 20 to learn how you can vote for your favorite couple!**

**See [expressnightout.com](http://expressnightout.com) for complete official rules.**

No purchase necessary. Entrants must be engaged, 21+ years old, and a legal resident of the District of Columbia, Maryland, or Virginia. Employees of Express Publications, LLC, The Washington Post, and each of the prize providers are not eligible. Entries must be received by 11:59 PM ET on Sunday, February 8, 2009. Subject to complete official rules. See official rules for ARV of each prize element.

**Prize package includes \$35,000 in wedding related services and merchandise:**

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# A Birth and a Rebirth

**Peter Wichers is going to be a dad and has reunited with Soilwork**

**TO SEE** Soilwork videos and read more from our interview, visit [Expressnightout.com](http://Expressnightout.com)

**MUSIC** | When guitarist Peter Wichers walked away from Soilwork in late 2005, he was burned out on touring. The melodic death-metal band from Helsingborg, Sweden, he had co-led for a decade hit the road hard in support of 2005's "Stabbing the Drama," but the year before, Wichers had moved to the U.S. to be with his American wife, and an endless string of days on a tour bus was no longer appealing. Soilwork soldiered on in Wichers' absence, and in 2007 the band made the solid and popular "Sworn to a Great Divide" CD in his absence.

But in late 2008, there was an announcement that Wichers had



The band Soilwork is on tour to show North America the latest version of itself.

returned to Soilwork — at the urging of his wife and the invitation of his old friends — despite the fact that the group had contracted to do a three-

month tour of North America. "This tour was scheduled before I rejoined Soilwork," Wichers said, "and we're probably not going to do stretches

like this in the future."

That's because, in part, an even bigger surprise happened to Wichers. "We found out that we were going to have [our first] baby right about the time I was going to come back to the band," Wichers said.

While it's too early to say what Soilwork's next CD will sound like, Wichers has been thinking about it. "Maybe [drummer] Dirk [Verbeuren] will have a little bit more room. And having me and Sylvain in the band as guitar players, we're going to try and take back a little bit from [2001's 'A Predator's Portrait'] and also a mix from [2002's] 'Natural Born Chaos.' I know that's promising a lot."

That's nothing a new daddy won't be able to handle. **CHRISTOPHER PORTER (EXPRESS)**

→ Jaxx, 6355 Rolling Road, Springfield, Va.; Tue., 6 p.m., \$25; 703-569-5940; [Jaxxroxx.com](http://Jaxxroxx.com).

## thescene



## Luckier Valentines Count on the 13th

**FEB. 13 IS THE BEST** date night of the year. After all, the only other couples you'll run into are people having torrid affairs who have to reserve the 14th for their legit significant other. So, go out on the 13th and do something romantic, even if you're alone.

Remember that time you swore not to think about your ex-boyfriend, but then your dreams were so full of rage that you awoke to find yourself chewing on your pillow? That's what happens when you deny Valentine's Day too vehemently.

This doesn't mean that you have to go see romantic dreck such as "He's Just Not That Into You." The AFI Silver (8633 Colesville Road, Silver Spring; 301-495-6720) is showing "Say Anything," which is not only one of the most romantic movies ever made that avoids cloying sweetness, but it's also a "Breakfast Club"-level '80s classic. If you have the Valentine's Day blues, take a bunch of friends and try not to think about how old you were when this movie came out.

The best food to eat with a big group is Ethiopian — no utensils, one big plate — so stop at Abol (8626 Colesville Road, Silver Spring; 301-650-0061), across the street from the theater. Using a little grub to fill that inner emptiness is OK, right?

After the show (which starts at 7:15 p.m.), if you're not ready to say goodnight, take your crew to Ceviche (921-J Ellsworth Drive, Silver Spring; 301-608-0081) for some sangria (to share) and flan (just for you). **FIONA ZUBLIN (EXPRESS)**

**Explore** our searchable list of the area's events, venues, restaurants and movies at [Expressnightout.com/thescene](http://Expressnightout.com/thescene).

## topstops



### Archaeology Is Awesome

"Written in Bone," an exhibition based on forensic analysis of bodies hundreds of years old, opens on the Mall this week. Colonial settlements yield myriad bodies and clues, allowing archaeologists to play detective. The team at NMNH even created a little Web comic that shows a crack team of researchers solving an ancient mystery. It might not be quite as exciting as "CSI," but if you can get your nephew to stop wanting to be a detective and start wanting to be an archaeologist, you'll lengthen his expected life span considerably. **F.Z.**

→ National Museum of Natural History, 10th Street and Constitution Avenue NW; through Feb. 6, 2011, free; 202-633-1000. (Smithsonian)



### Sublime, Absurd

If you're tired of Shakespeare — and of modern, boring feel-good plays — and if you want something you haven't seen before, well, you've found it. This strange, jarring production, starkly hilarious and completely unpredictable, is a product of Philadelphia's experimental Pig Iron Theatre Company. "Hell Meets Henry Halfway" shows the lives of five characters who are full of hate and one man who loves everything about the world. **F.Z.**

→ Woolly Mammoth Theatre, 641 D St. NW; through March 1, \$38-\$60; 202-393-3939. (Archives-Navy Memorial)



### Puppets Break Free

Sure, it was here not too long ago. But runaway Broadway hit "Avenue Q" never gets old. This fable about an unemployable college grad and all his unemployable college grad friends is more likable than "Rent" and more singable than "Grey Gardens," and you don't have to be embarrassed to admit you love it, unlike with "Wicked." The twist here (in case you hadn't heard) is that approximately half the characters are played by Jim Henson-style puppets, capably handled by a cast of singer-actor-dancer-puppeteers. **F.Z.**

→ Warner Theatre, 13th and E streets NW; Tue.-Sun., \$33.50; 202-397-7328. (Metro Center)



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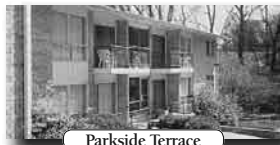
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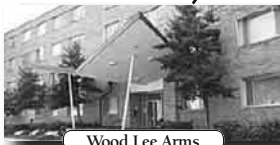
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SE

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**CARS**

**Audi 2003 A4** — 1.8T Quattro, \$11,900 OBO, Excl cond, AWD ABS 69k mi, Black Lthr, Silver ext, 4 dr, sun rf, Htd Sts, Beautiful! C-239-738-5950

**\$500!** **HONDAS FROM \$500!**  
Police Reposi!  
For Listings, 800-585-3563 x. C400

**Honda 1993 Accord** — LX wagon, \$1550 obo, Good cond, 179k mi, Burg int, Silver ext, 4 dr, PL, 5 spd manual, good value, 301-379-2813

**Jeep 2006 Grand Cherokee** — Laredo, \$18,000 obo, Mint cond, 45k mi, Gray int, Blue ext, Htd Seats, Lthr int, Sunrf, ABS, 703-505-6886

**JUNK VEHICLES REMOVED FREE CASH PAY FOR ALL** 202-714-9835

**Mitsubishi 2003 Galant** — ES, \$5,500, Good cond, 43k mi, Gray int, Gray ext, 4 dr, Buckets, ABS, alarm, CD, airbag passenger, 202-329-9285

**NISSAN 1992 PATHFINDER** auto. 4dr 4WD, all pwr, sunrf, \$2650/obo. Call 240-351-5542

**Subaru 2008 Tribeca** — Limited, \$24,950, Like new, 11k mi, Gray int, Gray ext, 5 dr, Htd Seats, Mem Seats, Mnrf, 240-899-1967

**TOYOTA 1996 4RUNNER** auto. 4dr. 4 WD, sunrf. all pwr, must see. \$3850/obo. Call 240-483-3979

**\$\$\$WILL BUY HONDA ACCORD** 1990-2001 any condition. 301-467-0426



# LOOK out K

\*TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

## PAGE STRUCK

Romantic books, plays or movies inspire many courting rituals. Guys seeking lady-impressing moves might pore over "Don Juan"; girls on the prowl seek solace in "Sex and the City" reruns. Still, we think some of fiction's starriest — and most star-crossed — lovers could benefit from a bit of V-Day gift advice. And if you give the sort of presents that'd be ideal for suitors from the Bride of Frankenstein to Mr. Darcy, you might write a happy ending of your own. JENNIFER BARGER (EXPRESS)

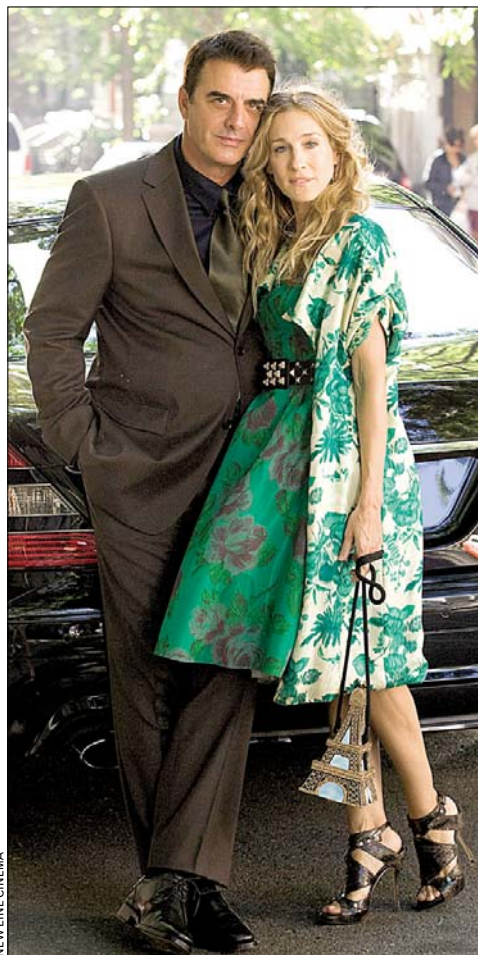
INSIDE

Chris Brown's  
Wrigley ads  
suspended | 34

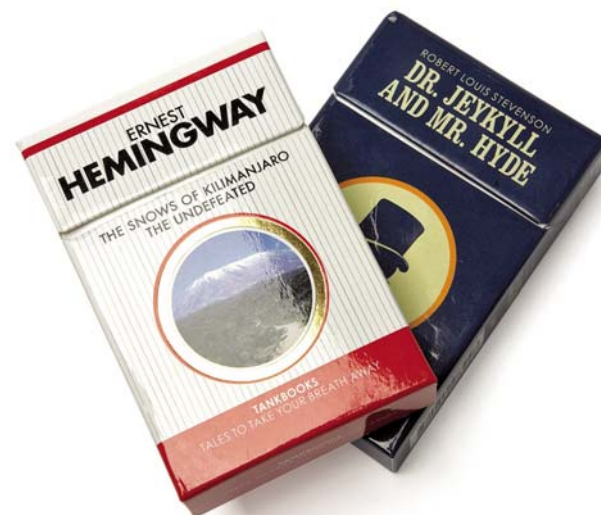


**Blog Log:** Hip-hop dominates Grammys | 32

**Discussions:** Wilbon on Alex Rodriguez | 32



NEW LINE CINEMA



## Carrie to Mr. Big

### MINI MASTERPIECES

OK, sap, maybe you call Carrie Bradshaw's coerced-into-marriage sweetie John. We call him Mr. Big Jerk and think he could benefit from seriously studying some classic literature about the foibles — and vices — of men. These Tank mini-books are small enough that he can read one while riding around in his town car, not calling you (\$16 each, Apres Peau, 1430 K St. NW; 202-783-0022).



FOCUS FEATURES

### Elizabeth Bennet to Mr. Darcy

#### HEART MIRRORS

The vain swain of "Pride and Prejudice" got the girl, but he could use a gentle reminder that his pride should never trump his passion. These whimsical heart-shaped mirrors (\$19 for 20, Pbteen.com) get that point across rather sweetly.



UNIVERSAL PICTURES

### Frankenstein's Monster to The Bride of Frankenstein

#### CHOCOLATE BRAIN

If old cog-neck's frizzy-haired gal had had a bigger cerebellum (even a chocolate one!), maybe their liaison would've spawned a race of grunting mutants (\$15, Chocolatebymueller.com).



TWENTIETH CENTURY FOX

### Romeo To Juliet

#### DESKTOP CHALKBOARD

Everything that went wrong for Shakespeare's young lovers hinged on mixed messages and an undelivered letter. Make sure your girl always gets what you're saying with a clever, tabletop-sized chalkboard (\$15, Cb2.com).





# LOOK out Online

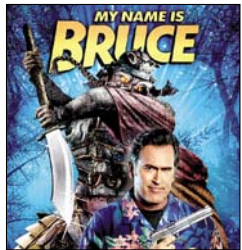
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## MUSIC

### Unexpected Epiphanies

Lambchop's Kurt Wagner has always lived in Nashville, but his group's latest album, "Ohio (OH)," makes a great argument for subverting Music City, USA's addiction to rigid narrative. Lambchop brings its country music to the Black Cat on Wednesday, and Aaron Leitko spoke to Wagner. | COMING UP



## DVD REVIEW

### Who's Bubba Ho-Tep?

Meg Zamula writes that the "My Name Is Bruce" movie isn't for Bruce Campbell novices. It features trademarks of the B-actor's oeuvre (bad acting, bad special effects, gaping plot holes), which will be better appreciated with some knowledge of the "Evil Dead" cult hero's filmography. | COMING UP

## SOUND BETS

### Committed for Life

Kevin Seconds is an icon of hardcore punk, thanks to his band 7 Seconds. But concurrent to that career, Seconds has developed as a singer-songwriter, and he'll be playing at the Black Cat on Sunday. Christopher Porter spoke to the still-music-crazy Seconds. | COMING UP



## poll center

YESTERDAY'S RESULTS AS OF 5 P.M.

### DOES IT SURPRISE YOU THAT ALEX RODRIGUEZ TESTED POSITIVE FOR STEROID USE?

**NO** 87%

**YES** 13%



**"Actually, it does** surprise me. For someone who makes as much money as he does and now, apparently, uses performance enhancers, you'd think he would be a great baseball player, not just a good-but-overpaid ballplayer."

**COMMENTER TIM**, RESPONDING TO MONDAY'S POLL CENTER QUESTION, "DOES IT SURPRISE YOU THAT ALEX RODRIGUEZ TESTED POSITIVE FOR STEROID USE?"

**"At this point,** I don't think there's a single baseball player who would surprise me by using steroids."

**COMMENTER BRAD HARTLAND**, WHO ADDED, "IT'S SAD THAT THESE BAD APPLES HAVE TARNISHED THE IMAGE OF AN 'ATHLETE.'"

**"In the interest** of fairness, [Bud Selig] should pardon Pete Rose. Betting on baseball is similar — since you are interfering with the integrity of the game."

**COMMENTER ANOTHER PERSON**, WHO ADDED, "SPONSORS SHOULD TEST PLAYERS WHO REPRESENT THEIR PRODUCTS."

SEE HOW YOUR METRO STATION VOTED AT [EXPRESSNIGHTOUT.COM/POLLCENTER](http://EXPRESSNIGHTOUT.COM/POLLCENTER)

# Blog LOG

"I've decided that my new 'must settle down' age is going to be 28. If things ain't looking promising by [that age], I'll start to freak out."

**LIFEANDTIMESOF SASHAFIERCE.BLOGSPOT.COM** HAD A DREAM THAT SHE WAS COURTED BY A MAN WHO PROPOSED TO HER WITH A LARGE DIAMOND, BUT THEN WOKE UP DISAPPOINTED.



KEVIN WINTER/GETTY IMAGES

**"I'm going on a limb** and calling [Sunday's] 'Swagger Like Us' the biggest hip-hop performance in TV history."

**JOAH.TYPEPAD.COM** POINTS OUT THAT THE JAY-Z, LIL WAYNE, T.I., KANYE WEST AND M.I.A. COLLABORATION TOOK PLACE AT THE GRAMMYS, ARGUABLY THE MOST IMPORTANT OF AWARDS SHOWS.



**"I heard on NPR** that people were trapped in their cars, burned to death as they tried to escape. Or of people phoning their spouses at home, only to hear them screaming on the other line. Yikes."

**KSTREETBLUES.BLOGSPOT.COM** RELAYS STORIES OF PEOPLE WHO DIED IN THE WILDFIRES BURNING IN AUSTRALIA.

**"I AM A FIRM BELIEVER** that if you are contagious, you should stay at home and keep your germs to yourself. I do not understand those who show up to infect the rest of us with no regard for the better good. People, use your days off wisely."

**EYESAVERTED.BLOGSPOT.COM** IS TIRED OF PEOPLE SHOWING UP TO THE OFFICE WITH THE POTENTIAL TO SPREAD THEIR SICKNESS TO THEIR CO-WORKERS.

## Discussions

### Wilbon on A-Rod

Washington Post columnist **MICHAEL WILBON** was online Monday and talked about Alex Rodriguez's use of performance-enhancing drugs.



**At what point does MLB recognize that the worst thing it can do is to keep having leaks**

**and rumors coming out about the steroid-era players? By now, it's probably gotten 10 times the press coverage, fan outrage and scandal than if it had just ripped off that Band-Aid years ago.**

**A-Rod isn't the first, and he won't be the last.**

I agree COMPLETELY with you on this. MLB could have avoided

so much of this, but it must keep thinking no more will come out, that no more names will surface, that there will be no more leaks, which is so incredibly dumb. At what point will MLB recognize, you ask? No point. None.

**As long as fans continue to support MLB, what incentive do league executives have to handle the steroid issue differently? I don't get it. With so many options available out there for sports entertainment, I'm moving on to other sports.**

The leagues don't have much incentive at all. And even less, considering fans under a certain age (mostly under 35 or so) don't seem to care nearly as much as old geezers like me.

**I apologize if I'm wrong on this, but isn't this something that can't be placed on MLB, since they were**

**under contract with the union to keep the names of all players under wraps? If so, then the blame is on MLBPA, not the league.**

It's NOT placed on MLB, not really on the union either. It's on the government source who leaked the info and on the government officials who kept the samples and the names six years after the data were collected and used for the purpose of figuring out how many people would test positive at that point. It's not on MLB at all. What's on MLB is sticking its head in the sand for so many years even though this was obvious to players and coaches. There's plenty MLB should be responsible for, just not this leak involving A-Rod.

**TODAY ON DISCUSSIONS:** Bob Harper of NBC's "The Biggest Loser" takes your questions about losing weight and developing exercise habits at 2 p.m. | [washingtonpost.com/discussions](http://washingtonpost.com/discussions).



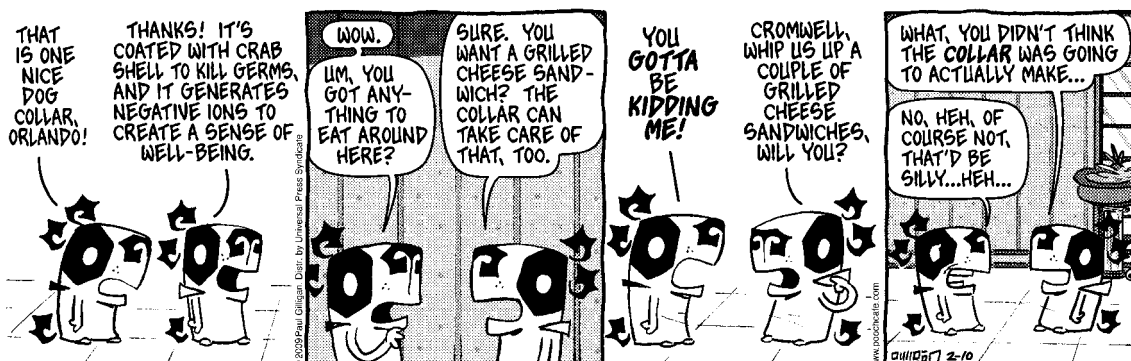
**Bizarro** | *Dan Piraro*



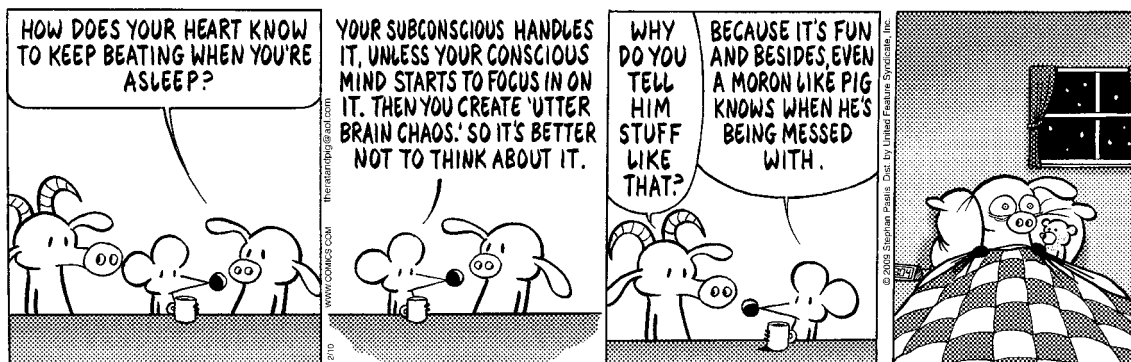
## Cornered | *Mike Baldwin*



“I’ll stop using finger quotes if you (control freak) let me use hand brackets.”

**Pooch Cafe** | *Paul Gilligan*

## Pearls Before Swine | *Stephan Pastis*



## The Duplex | *Glenn McCoy*



# Horoscope

*By Stella Wilder*

**AQUARIUS (Jan. 20-Feb. 18)** Someone close to you is likely to approach you with a new and unusual scheme. An idea this good doesn't come along every day.

**PISCES (Feb. 19-March 20)** No matter how solid your ideas or practiced your methods, you'll need the assistance of a special someone to complete a current project.

**ARIES (March 21-April 19)** Teamwork is, once again, the key to success — but it may be more difficult than usual to assemble all the usual suspects.

**TAURUS (April 20-May 20)** Your vivid and unorthodox sense of humor can serve you well, especially when you find yourself surrounded by a bunch of naysayers.

**GEMINI (May 21-June 20)** You don't want to be repeating yourself throughout the day, but early on you'll have good reason to try a certain thing more than once.

**CANCER (June 21-July 22)** Your ability to sum up a situation quickly and

accurately will prove valuable to you and those working with you. You can score a victory.

**LEO (July 23-Aug. 22)** Don't be in such a hurry that you endanger yourself or, even worse, anyone else. Use appropriate caution at this time.

**VIRGO (Aug. 23-Sept. 22)** Style isn't everything, but it may be the one thing that gives you a real edge over the competition. Don't hold back.

**LIBRA (Sept. 23-Oct. 22)** Don't expect others to react to your behavior in ways that might be out of character. You can trust that most people will judge you fairly.

**SCORPIO (Oct. 23-Nov. 21)** You may not believe the reports that come your way—at first. Later on, you'll realize that truth can be stranger than fiction.

**SAGITTARIUS (Nov. 22-Dec. 21)** You can find more than one bargain before the day is out, but be willing to look where others are less likely to go.

**CAPRICORN (Dec. 22-Jan. 19)** It may be slow going, but if you stick with it and don't allow yourself to become impatient or frustrated, you can reach your goal.



Peggy Fleming won the United States' only gold medal in the 1968 Winter Olympics.

## Today in History

**1763** Britain, Spain and France sign the Treaty of Paris, ending the Seven Years' War.

**1949** Arthur Miller's play "Death of a Salesman" opens at Broadway's Morosco Theater with Lee J. Cobb as Willy Loman. (On this date in 2005, Miller dies in Roxbury, Conn., at age 89.)

**1968** United States figure skater Peggy Fleming wins America's only gold medal of the Winter Olympic Games in Grenoble, France.

**1989** Ron Brown is elected chairman of the Democratic National Committee, becoming the first black to head a major U.S. political party.

**2004** The White House, trying to end doubts about President George W. Bush's Vietnam-era military service, releases documents it says proves he met his requirements in the Texas Air National Guard.

**2008** Singer Amy Winehouse wins five Grammys, appearing via satellite from London.

PostPoints DAILY CODE N I





Usher married Tamika Foster in 2007.

## ILLNESS

Man Forgoes Free Hors  
D'Oeuvres, Hangs With Wife

**USHER** skipped the Grammy Awards on Sunday night because his wife was ailing after a medical procedure. Publicist Simone Smalls says Tameka Foster "is in stable condition after suffering complications from routine surgery in Brazil." (AP)

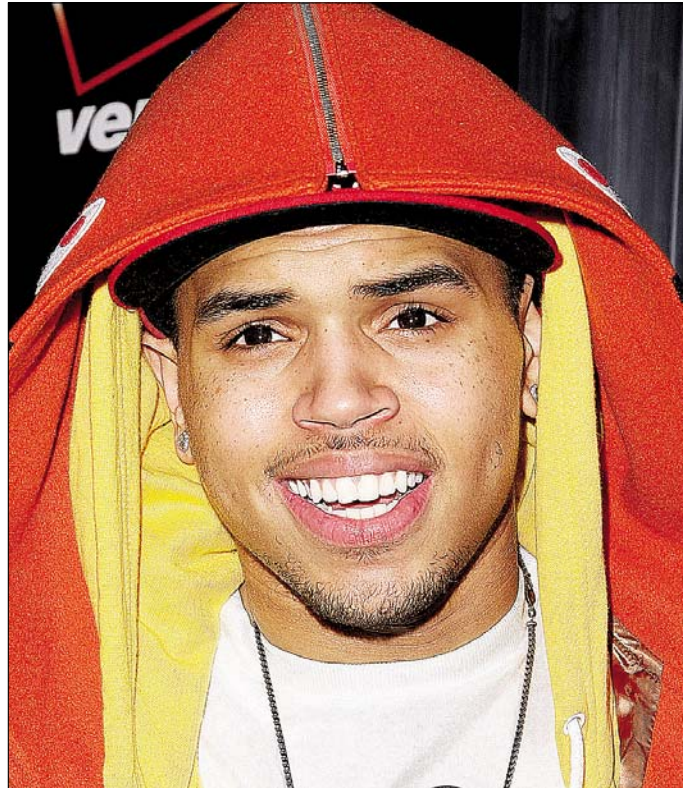
## SCIENCE

Study: Unkempt Blonds  
Unable to Escape Own Orbit

People magazine is reporting on-again, off-again couple **KATE HUDSON**, 29, and **OWEN WILSON**, 40, are back together. The two were spied on Sunday hanging out in Malibu with Hudson's son, Ryder, 5. (EXPRESS)

## expressnightout

→ Find the latest celebrity news and photo evidence of stars' sordid lives at [WWW.EXPRESSNIGHTOUT.COM](http://WWW.EXPRESSNIGHTOUT.COM).



NOEL VASQUEZ/GETTY IMAGES

## ARRESTED

## Bubble Bursts

Wrigley is suspending ads featuring **CHRIS BROWN** as its Doublemint spokesman. The company stopped short of saying it will drop the R&B star. A statement expresses concerns about what it calls "serious allegations made against Chris Brown." He was arrested Sunday night for an alleged battery on a woman, and he canceled his Grammy Awards performance. (AP)

## MICROPHONES

Baggage  
Handler  
Wishes on  
Star, Wins

America's got **NICK CANNON** as the new host of "America's Got Talent," says NBC. The musician, comedian, actor and producer will preside over the network's talent competition series when it returns for a fourth season this summer. Cannon had his



Cannon, 28, will replace Springer, 64, as host.

breakthrough role while a teen on the Nickelodeon series "All That," starred in his own MTV show, "Nick Cannon Presents Wild'n Out," has recorded with Kanye West, and is married to Mariah Carey. Cannon takes over from former host Jerry Springer. (AP)

## MILESTONE

SWF Seeks 11 Candles; Only  
29 Showed for Cake Count

Actress **JENNIFER ANISTON** celebrated her 40th birthday on Saturday with a star-studded party at her Beverly Hills home. In addition to her boyfriend Jon Mayer, guests included Tom Hanks and Rita Wilson, Oprah



Winfrey, Sheryl Crow, Courteney Cox Arquette, and Laura Dern. The party began at 7 p.m. and E! News reports police were shooshing paparazzi away after 2 a.m. (EXPRESS)

## AWARDS

U.S. Ambassador of Bad  
Taste Arrives for U.K. Talks

**MICKEY ROURKE**, Kate Winslet and "Slumdog Millionaire" became Oscar favorites with big wins at the British Academy Film Awards. "Slumdog" continued its fairy-tale journey with seven prizes Sunday, including best picture. Winslet and Rourke took acting honors. (AP)

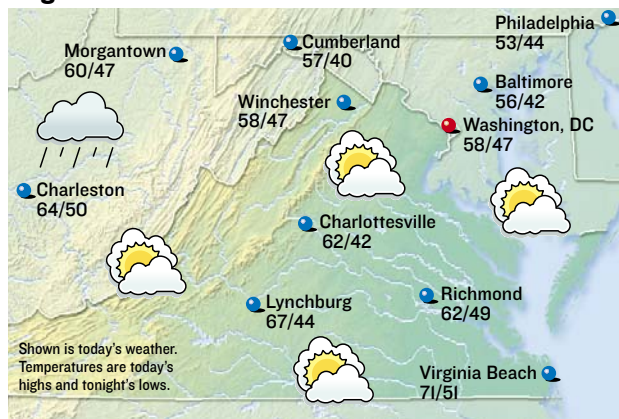


Rourke left his reformed self in customs.

## 5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Mostly cloudy	Mostly cloudy	Mostly cloudy, mild	Partly cloudy, windy	Partly sunny	Mostly cloudy, snow, rain
58°	47°	65° / 45°	53° / 36°	54° / 34°	42° / 31°

## Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2009

## Almanac

Washington, D.C., through 4 p.m. Mon.

## Temperature

High	51°
Low	30°
Normal high	45°
Normal low	29°
Average humidity	54%

## Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	0.03"
Normal month to date	0.82"
Year to date	2.71"
Last year to date	3.57"
Normal year to date	4.03"

For up-to-the-minute weather, see: [washingtontimes.com/weather](http://washingtontimes.com/weather)

## Regional Forecast

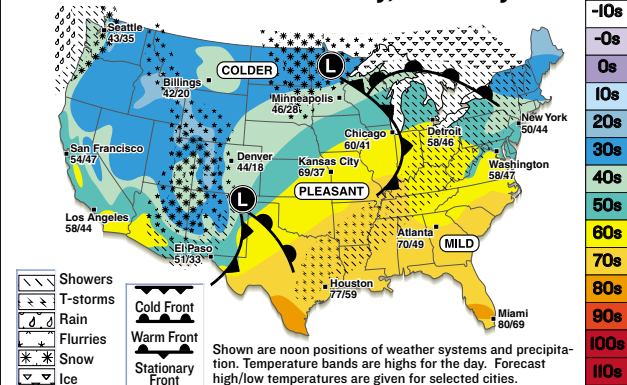
**D.C. Metro:** Today, mostly cloudy. High 58. Wind south-southwest 3-6 mph. Tonight, mostly cloudy. Low 47. Wind south 4-8 mph.

## Sun and Moon

Sunrise today	7:05 a.m.
Sunset tonight	5:40 p.m.
Moonrise today	7:16 p.m.
Moonset today	7:32 a.m.

Last	New	First	Full
Feb 16	Feb 24	Mar 4	Mar 10

## National Weather for Tuesday, February 10



## National Cities

City	Today	Wed.
Atlanta	70/49/pc	68/46/c
Boston	38/35/r	49/41/c
Chicago	60/41/pc	50/30/r
Dallas	72/49/t	65/40/s
Denver	44/18/c	45/20/pc
Honolulu	79/67/pc	80/69/pc
Los Angeles	58/44/pc	62/46/pc
Miami	80/69/pc	82/70/pc
New York City	50/44/c	53/46/c
Orlando	78/58/pc	82/62/pc
Seattle	43/35/sn	47/35/r

## World Cities

City	Today	Wed.
Amsterdam	41/36/r	43/33/pc
Athens	55/48/s	65/50/c
Berlin	37/33/sn	36/28/sn
Buenos Aires	84/68/t	90/66/pc
Calgary	26/11/pc	28/10/s
Dublin	41/36/pc	43/34/pc
Geneva	40/30/sh	31/29/sn
Moscow	34/28/sn	34/25/sf
Rome	57/43/r	48/36/r
Sydney	72/64/r	72/63/sh
Tokyo	54/45/pc	52/43/pc

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.



# LOOK out

## CROSSWORD | WATER ON THE BRAIN

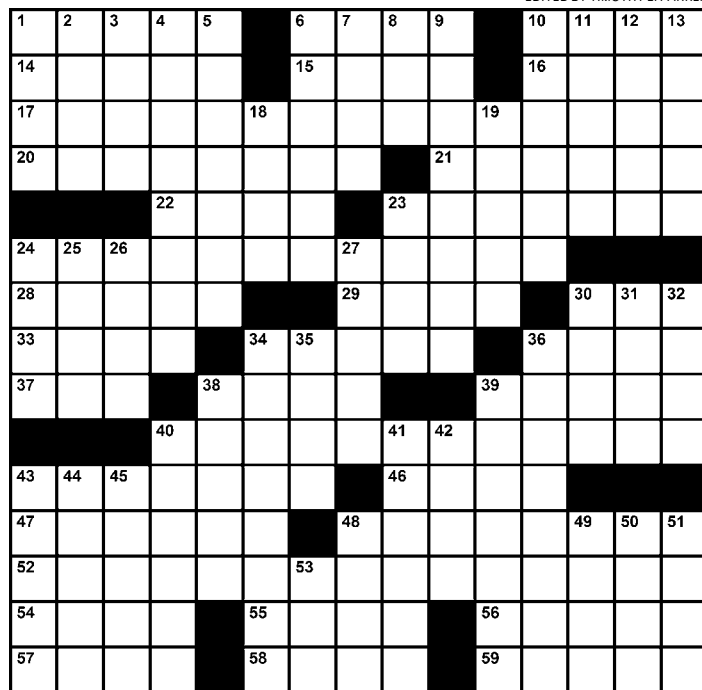
### ACROSS

1 Con men?  
6 Risked getting points  
10 Garden adjunct  
14 Not accidental  
15 Lemur's hangout  
16 Nicolle's co-star  
17 Hardly revolutionary  
20 Wishing for  
21 "If you want to avoid trouble"  
22 German carmaker Karl  
23 Fake handles  
24 Federal repository  
28 They're noted on flights  
29 Part of an Adenauer epithet  
30 Hat-passing network  
33 Beer alternatives  
34 Flood insurance of sorts  
36 "The \_\_\_\_ shall inherit"  
37 \_\_\_\_ X-ing  
38 Stick in mud  
39 Bay of Naples resort  
40 Commuter's system  
43 Defame  
46 "The Last Days of Pompeii" girl  
47 "Scooby-Doo" character

48 Characteristics  
52 Latest fashions on the racks  
54 Suit to \_\_\_\_  
55 "Elizabeth" star Blanchett  
56 Carter and Dunn  
57 It may precede the sharing of a secret  
58 It needs room to grow  
59 Fields of study

### DOWN

1 Within  
2 Endangered goose  
3 Makes torchon lace  
4 Represses  
5 Sound systems  
6 Poem division  
7 Stuck-up one  
8 Nighttime's start, in poetry  
9 Barren  
10 Word with "winning" or "losing"  
11 They may be cooled  
12 Delete  
13 Thin mint products  
18 Wisc. neighbor  
19 Threefold  
23 Having the know-how  
24 Certain tide  
25 Toll unit  
26 Connected, as two musical notes  
27 Washed up  
30 \_\_\_\_ up (gets



EDITED BY TIMOTHY E. PARKER

excited)

31 Doubled, a

thiamine deficiency

32 Bit of burlesque

34 Feigns singing

35 One of five great ones

36 Gambit

38 Homer's wife

39 Mexican saloon

40 Lament

41 Having multiple layers

42 Airport sound

43 Songwriters' org.

44 Bars or bolts

45 Cuts back

48 It may be tempted

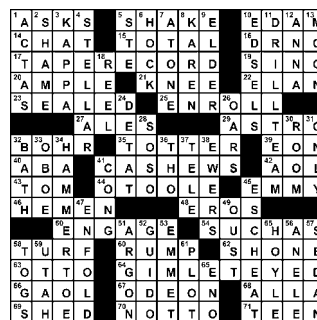
49 Breathing abnormality

50 She, south of the border

51 Air hose sound

53 Kinetoscope co-inventor's monogram

### Yesterday's Solution



## SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See [www.sudoku.com](http://www.sudoku.com) for solution, tips and computer program.

### Need more Su/doku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

### Yesterday's Solution

2	5	4	8	7	1	6	3	9
3	7	1	4	6	9	5	8	2
8	6	9	2	5	3	7	4	1
9	3	8	5	1	2	4	6	7
5	4	7	3	9	6	1	2	8
6	1	2	7	4	8	9	5	3
4	9	3	6	2	7	8	1	5
7	8	6	1	3	5	2	9	4
1	2	5	9	8	4	3	7	6

			1	3		8		
7		8				4		
								9
8			6				4	2
3				9				1
6	4				5			3
5								
		7				5		4
	8		7		1			

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# DOZE OF OUR LIVES

HOW TAKING A QUICK NAP AT THE GYM (OR ANYWHERE ELSE) CAN TAME YOUR BRAIN **E4**



GETTY IMAGES



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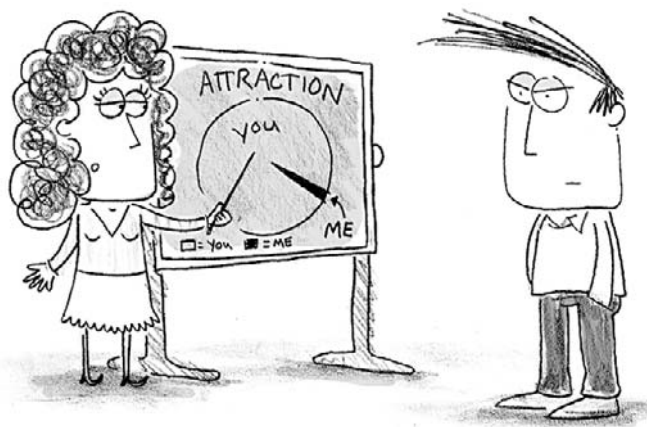
GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT



## A Relationship That Works — Except in Bed

**Q** I recently became engaged to a wonderful man and we're happy together. The problem is that I hate it when he touches me in a sexual way. I never get turned on by him, and, if anything, it's annoying. What makes it worse is that we are in a long-distance relationship, so each time he comes to visit, instead of looking forward to making love, I avoid it as much as possible, and when it does happen, I always have to fake everything. I know this is wrong and unfair to both of us, but I truly love this guy with all my heart. I'm usually a sexual person, and I've never felt this way about any other guy I've been with, so I just don't understand why I'm not sexually attracted to my fiancé. — UNATTRACTED FIANCÉE

So, you love this guy with all your heart. It's just too bad your heart is such a relatively small piece of



"Promise me you won't take this the wrong way..."

ERIC REECE

your body!

You're right to be concerned. It's not uncommon for unequal levels of sexual attraction to be an issue in a relationship. But more unusual is that the issue is so specific to your relationship with your fiancé, rather than past partners, too. A good counselor could help and would need to hear lots of details — and,

no, not out of voyeurism.

Is this strictly a sexual issue, or is there a total lack of romantic attraction? Has it always been like this in the relationship? How did you two fall in love? Do you still feel like a sexual person, or has your entire libido taken a nosedive? What kind of dynamic has this created between you two? Are their emotional com-

plications? Are there times when it's better or worse than usual?

These answers would help clue you in to how surmountable this problem is — and whether to put a hold on the fondant-versus-but-tercream decision.

## Come Clean About the Kid

**Q** I am in my early 30s, and through a set of circumstances I won't get into, I have a child who lives across the country with his father. I know that guys are definitely not looking for a woman with a child, but the child does not live with me. But, still, it is something that I never know when to bring up. I am tired of either scaring guys away with the information or waiting so long that they think it's weird that it never came up. I think I have a problem being open about my circumstances but don't know where to start. — ANONYMOUS

First of all, you must stop acting like you've done time or have a tattoo the size Gibraltar. There's no such thing as what guys are "definitely not looking for" — except maybe a

**Stop acting like you've done time or have a tattoo the size of Gibraltar.**

Lifetime movie marathon.

I wonder whether you're shooting yourself in the foot by believing that this is such an extreme level of baggage that it makes you unlovable. I don't know what the rather mysterious circumstances are, but that seems part of the problem — you seem to be loading on the guilt and shame to this whole situation.

You have a child. Regardless of whether that child lives with you, this is part of who you are, and you won't do yourself any favors by beating around the bush about it. Bring it up early and matter-of-factly. You have nothing to lose but someone who wouldn't have been ready to love you for who you really are; that's something I hope you can feel about yourself (and your child).

**@** Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at [baggage@readexpress.com](mailto:baggage@readexpress.com). This column is not a substitute for one-on-one care.

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## LIP SERVICE

If you want to have a hot date lined up not just for this Saturday but for Valentine's Day forever, smother your lips in Blistex Deep Renewal (\$2.79, drugstores), which boasts an anti-aging formula. That means SPF 15 (duh) along with "coenzyme Q-10" and "hydraulic filling spheres." And, most importantly, it's light and tastes like sugar water.

OMMMMBAMA

There's the Victory Plate, Barack-in-the-box and now the newest piece of Obamabilia: a yoga mat peppered with key words from the prez's inaugural speech (\$85, Yogamatic.com).

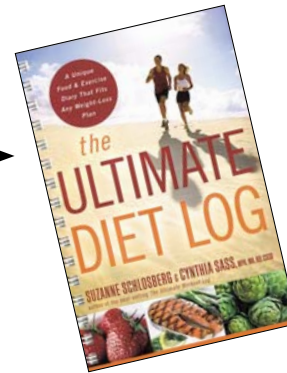
While you're doing sun salutations, gaze down at "enduring spirit," "journey" and, of course, "hope." Not bad mantras for a practice, huh?

## YEAR OF THE LOG

One age-old diet strategy is to write down everything you eat. But what does that tell you? Get guidance with "The Ultimate Diet Log" (\$14.95, Houghton Mifflin), which asks you where you were when you ate and your emotions at the time to shape your goals (and your body).

# PURPLE SMART

First Juice isn't into the sneaky chef approach to veggie consumption. Instead, the kiddie beverage brand is eagerly promoting its newest ingredient: purple carrots. They're real — we promise — and they're blended with either blueberries or peaches (\$4.99 for 32-oz. bottle, [Firstjuice.com](http://Firstjuice.com)) for a refreshing, not-too-sweet drink that doesn't taste like carrots.



## A Home Run?

■ First, Under Armour came for the football players. Then, the Baltimore-based company pursued anyone who gets sweaty. And now it's trying a new play: to specifically tackle the 10k folks. It's aiming to get its new line of running shoes (\$85-\$120, [Underarmourshop.com](http://Underarmourshop.com)), designed by industry insider Chris Brewer, on the feet of everyone from occasional joggers to marathon maniacs.

When we pulled on our pair of Revenants, pictured above—its “most technical running shoe, engineered for runners with low, flexible arches and moderate overpronation”—there were a few things we loved immediately: the roomy toe box, the secure fit and the short tongue—hence, no fear of getting cut by wearing ankle socks! But after a 4-mile run, there was one thing we didn’t love: a blister. (The “HeatGear” moisture-regulating qualities were apparent, however. These folks know how to handle perspiration.)

As any running pro will tell you, though, all feet are different, and one person's not-so-awesome experience doesn't make for a bad shoe. And until the burning on our sole, these were lovely companions on the run. Maybe next time we'll see how they do with thinner socks. **VICKY HALLETT (EXPRESS)**

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## THE MISFITS

**Q** Your answer will probably be that I can get a decent workout on just about any machine as long as I work hard, push myself, etc. However, what do you think of rowing machines? I was thinking about adding it into my rotation one or two days a week.

**A** I think you can get a much-better-than-decent workout on a rowing machine. Somehow, they're not as popular as the elliptical/treadmill/bike tri-umverate, but they're total-body, low-impact and pretty great for almost anyone of any fitness ability.

The one thing is you have to know how to row — it's not as intuitive as the other three machines. But once you get a lesson or two on form (Concept2.com is an amazing resource if no one at your gym can help you out), you're set. They're also particularly good for data lovers. V.H.

**Q** I'm being encouraged to start doing Pilates at a studio with equipment. What benefits does Pilates offer? If combined with regular walking, would it contribute to a full workout?

**A** Joe Pilates' focus in developing that series of exercises was on strengthening what he called the body's "powerhouse" — gluteals, abdominal and back muscles that have so much to do with how we move and stand. Devotees swear by it as a total conditioning program — one that keeps the joints flexible and the muscles in shape. In that regard, it is like yoga. The two are very different, but both are good at detecting weak spots and making them stronger. H.S.

**?** The MisFits, Vicky Hallett and Howard Schneider, chat every Tuesday at 11 a.m. at [washingtonpost.com/liveonline](http://washingtonpost.com/liveonline). Catch up on upcoming events, scientific studies and gym-goers' pet peeves.

**event horizon**

→ Joy of Motion Dance Center is celebrating "Love Week" (through Feb. 15) by helping spread the passion for movement. Bring a pal (18 or older) and enjoy any drop-in class at any location for \$10 each. See [Joyofmotion.com](http://Joyofmotion.com) for details.



The final 15 minutes of Powernap+ live up to the class' name. You're even welcome to cover yourself with a blanket while you close your eyes and try to drift off to dreamland.

## Sleeping on the Job? No Prob

### A midday nap at the gym helps you recharge your brain and body

There are days your body could use an intense session of muscle sculpting or a cardio kick in the pants. But there are other days when there's nothing you crave more than the chance to unplug and pass out. So, put down the hand weights and pick up a blanket. It's time for Powernap+.

#### What it is

Equinox's newest signature class embodies the gym's philosophy to "treat the body, not train the body," says group fitness director Gai-Ninh Chuang. And it does that by offering a short yoga practice followed by a full 15 minutes of savasana, aka corpse pose.

Although it might seem odd to literally lay down and close your eyes — and maybe even catch some shut-eye — while people sweat through treadmill workouts just a few feet away, the goal of both

kinds of exercise is the same: to restore your energy. "When you walk out of here, you'll feel better," Chuang says.

#### Moves

In preschool, all they had to do was roll out a cot and you'd be ready for a snooze. As adults, often sitting stiffly behind desks or in cars for hours, you require more preparation to get to that state.

Regular instructor John Ball takes a gentle approach to the first half of class, relying on flowing steps with a heavy tai chi influence to get the blood flowing. "If you're tense, you can't relax," he explains.

Sometimes-sub Andrew McAu-

ley favors exuberant dancing followed by a more vigorous practice. Think minute-long bursts of jumping between opposite leg lunges. "We mimic this fire we're constantly in and learn the art of surrender," he says.

#### Non-moves

But whichever teacher is leading the class, the last part requires nothing more than lying down on your mat while listening to soothing music and readings. Covering yourself with a blanket is optional.

#### Crowd

Maybe it looks less grueling than sets of squats, but the act of relaxation doesn't always come so easily. So, Susan Marks, a 65-year-old psychotherapist who managed to get

to a recent class between appointments with patients, was pleased with what she accomplished — even though she never actually dozed off. "I was able to just relax, and, for me, that was trying not to think," she says.

**“We mimic this fire we're constantly in and learn the art of surrender.”**

Marnie Medina, a 39-year-old with her own business, found Powernap+ to be a smart way to balance out her usual strength training and running routine. "I wanted to unwind and be quiet. I have two kids, a husband and a job," Medina says. "I could block that out, and now I feel rejuvenated."

But the best part of this kind of workout is you can skip the shower.

VICKY HALLETT (EXPRESS)

Held at Equinox Fitness, 8065 Leesburg Pike, Vienna, Va., Thursdays at 12:15 p.m.; 703-790-6193, [Equinoxfitness.com](http://Equinoxfitness.com).

#### SHORT BUT SWEET

→ Go ahead: Doze off during your lunch break. Napping for as little as six minutes can improve your memory, German researchers report. Over the course of 60 minutes, three groups of volunteers stayed awake for the entire hour, got in just six minutes of shut-eye, or took a 30- to 45-minute nap. On a word recall test afterward, all of those who slept outperformed those who didn't — but, surprisingly, the six-minute nappers did just as well on the memory exam as those who snoozed longer. JULIAN KESNER (REPRINTED WITH PERMISSION OF PREVENTION © RODALE INC.)



# Getting Sweet on Cyclists

Spend Valentine's Day on a ride for singles or on a bike built for two

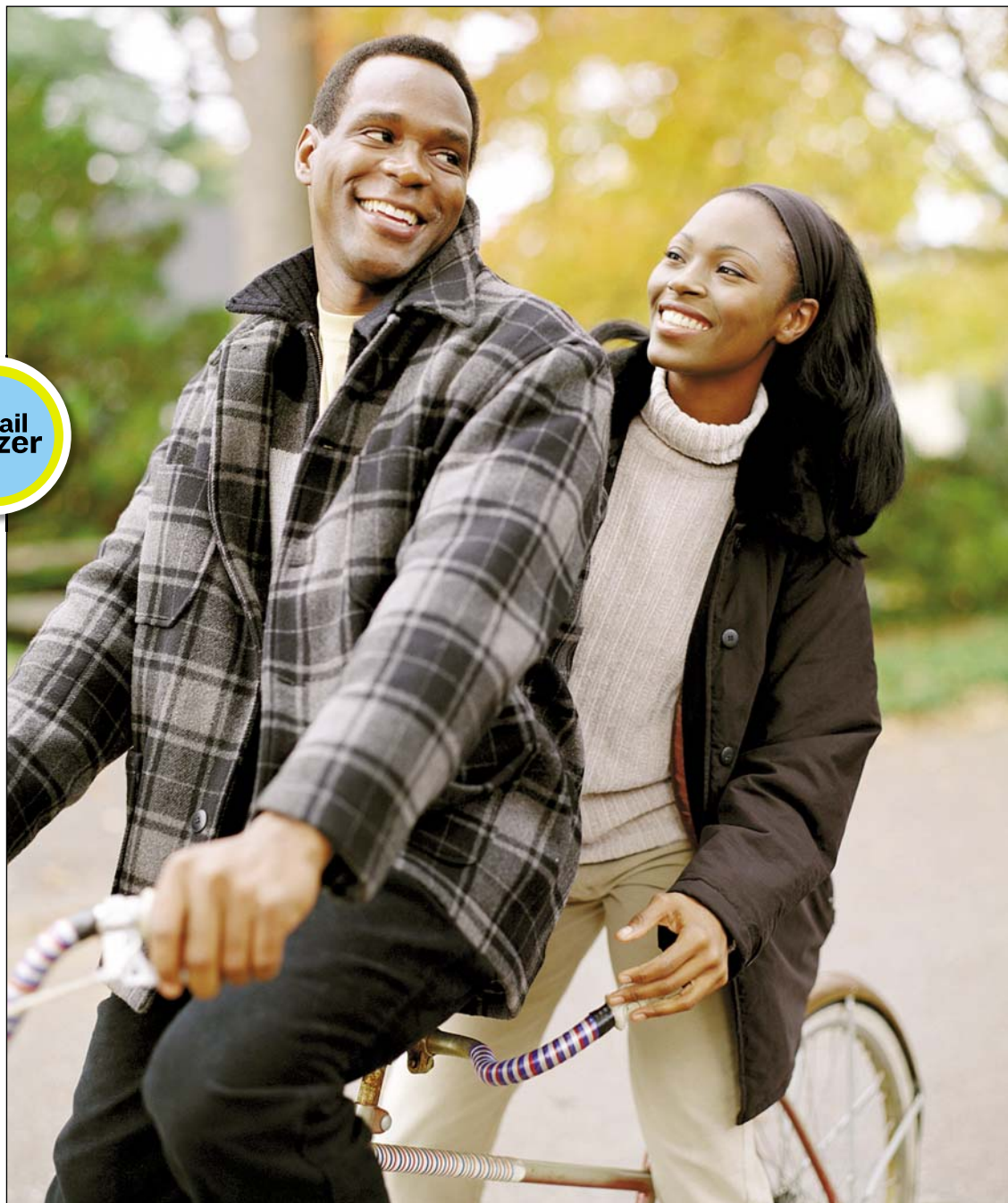
Bored of the chocolate-versus-flowers debate? This year, there's a new Valentine's Day decision: the blue spandex tights or the black ones with reflective sides?

Whether you're a single cyclist or an already-paired pedaler, it's possible to put a fresh spin on Saturday's holiday.

Single Romeos looking for cycling Juliets, meet Jody Bennett. When she's not racing across America for charity or running Conte's bike shops in Clarendon and Bethesda, she's adopted another role: matchmaker. "I get tired of customers coming in who are single saying, 'How do I meet other cyclists?' It's always the guys who ride together or the women that ride together," she says.

Her solution: the Singles Only Valentine's Day Ride. Would-be wooers can arrive at the Clarendon store at 6:30 p.m. for a free 15- to 20-mile group ride that kicks into gear at 6:45 p.m. (3924 Wilson Blvd., Arlington; 703-248-9600, jodylbennett@gmail.com). All levels of riders are encouraged to join this "no-drop" excursion (meaning no one will be left behind). The only requirement besides one's single-dom? Front and back bike lights, explains Bennett, as this loop along Arlington streets (Quincy Street

**Trail Blazer**



to Military Road to MacArthur Boulevard) takes place after sunset. What awaits at the finish — aside from a love connection, of course — is free appetizers, beer and wine. "I've had 150 phone calls about it. People are, like, 'Are there going to be cute guys there? ... Any cute women?'" laughs Bennett. "It's, like, 'You know what? It's not any commitment. It's a one-hour ride. Come check it out. You're single for a reason!'"

For those who have already found "the one," Mt. Airy Bicycles (4540 Old National Pike, Mount Airy, Md., 301-831-5151) owner Larry Black has another idea. "Two kinds of people live the longest healthiest, happiest lives: those that get regular exercise, and those that spend time with a soul mate. Tandem bicycling does both," he says. Of course, he may be a wee bit biased, as his store stocks 180 of the double-seated bikes available for purchase or rental (for those who aren't quite ready to make that commitment). Rental rates start at \$25 a day (there's an extra \$15 if you need to borrow helmets and a car rack), but Black says the first hour is on the house. He's one of three staffers who provide a free 15- to 20-minute introductory lesson on tandem riding, so folks can avoid common pratfalls.

"The big thing that people mess up on is they argue about how to get on and off, and having control," he says. Walking through the position responsibilities — typically the "captain" is the one steering up front, while the "stoker" helps navigate from the back — helps prevent future conflict.

There's also a variety of options to choose from. Aside from the standard tandem rendition, there's a two-seater in which the front seat is recumbent — allowing that rider to recline and pedal while the other can see over their companion's shoulder — or whisper in the companion's ear. Want to try a double date? There's a four-seater, too. And while the Mount Airy store is located an hour from the District, those who can't make the trip can arrange for a tandem to be picked up at the store's sister College Park shop (4360 Knox Road, 301-864-2211).

Whatever your decision, Black insists, "it's a great way to get fit and spend time with a soul mate." Cupid would approve. KRIS CORONADO (EXPRESS)



## BODY TALK

### At Heart Rate Hotel

■ It's appropriate that the newest location of Vida Fitness (Vidafitness.com) is in the Renaissance Hotel (999 Ninth St. NW). Where there was once a lonely pool surrounded by outdated exercise equipment has arisen a beautiful 10,000-square-foot gym outfitted with top-of-the-line cardio equipment — all with iPod hook-ups and cable TV — and weights. Lap lovers, don't fret: There's an endless pool so you can still do your water workouts.

While most of the users are bound to be hotel guests, anyone can join as a member. However, if you want group exercise classes, you'll be out of luck. Space constraints left no room for an empty studio, so the closest you can get are one-on-one private yoga tutorials in the Aura Spa, which also happens to offer waxing services, massages and an array of body treatments. But there is personal training, and with an all-access membership, you can take advantage of the classes a few blocks



The Aura Spa offers facials and yoga.

away at the Verizon Center Vida.

If you might be open to starting an exercise relationship, the new Vida is hoping to woo you this Saturday with a Valentine's Day open house. From 11 a.m. to 6 p.m., everyone's invited to swing by for free fitness consultations, mini-massages and refreshments (chocolate!). Be sure to take a sniff of "Love Potion #9," an aphrodisiac aromatherapy formula available in a wrap, scrub and massage for the holiday. And don't leave without product samples and a coupon or two. VICKY HALLETT (EXPRESS)



## EATING IN



LARRY GROVE/AP

## CHOCOLATE-WALNUT LACE COOKIE ICE CREAM SANDWICHES

45 MINUTES, SERVINGS: 4

**INGREDIENTS:** 1/4 cup granulated sugar, 1 1/2 tbsps butter, 1/4 cup quick-cooking rolled oats, 2 tbsp chopped walnuts, 1 tbsp unsweetened cocoa powder, 1/2 tsp baking powder, 1/2 tsp vanilla extract, 1 large egg white, 1 pint low-fat strawberry or chocolate ice cream.

**HEAT THE OVEN** to 325 F. Line a large baking sheet with foil and coat it with cooking spray. In a small saucepan over medium heat, combine the sugar and butter. Cook, stirring until the mixture is melted and bubbling, about two minutes. Transfer the mixture to a bowl. Stir in the oats, walnuts, cocoa, baking powder and vanilla. Set aside.

In a small bowl, use a fork to beat the egg white until it is slightly frothy. Measure out 1 tbsp of the beaten white and stir it into the cookie batter. Drop half-tablespoonfuls of the batter about 2 inches apart on the prepared baking sheet to make 12 cookies. Bake for eight to 12 minutes, or until the cookies look dry and are just beginning to color on top.

Slide the sheet of foil and cookies off the baking sheet and onto a flat surface. Let the cookies cool completely. Peel the cookies off the foil. To assemble the sandwiches, set a cookie in the center of a dessert plate. Top with 1/4 cup of the ice cream. Set a second cookie on top of the ice cream, then top that with another 1/4 cup of ice cream. Set a third cookie on top. (AP)

**# 232 calories, 5 g protein, 33 g carbs, 9 g fat, 16 mg cholesterol, 150 mg sodium, 2 g fiber**

# Prep for a Food Awakening

## Ditch the meat and double the veggies for a healthier diet

Christina Pirello had a very sound reason for becoming a vegetarian at the age of 14. "I thought it would drive my father insane," says Pirello, whose dad — a butcher — indeed, was not pleased with her new dietary habits.

But she credits her evolving picky ways with saving her life. Twelve years later, when she was diagnosed with leukemia, she battled the disease by adopting a vegan, macrobiotic diet.

And here she is decades later, advocating for whole grains and vegetables on her public television show "Christina Cooks," in her series of books (her newest title is "This Crazy Vegan Life: A Prescription for an Endangered Species") and in her appearances, including this weekend's Washington D.C. International Wine & Food Festival at the Ronald Reagan Building and International Trade Center (she's on at 3 p.m. on Sunday — get your \$85 ticket and more info at Wine-expos.com/dc).

Her main message: "We went wrong when we left the kitchen." While highly processed, prepackaged meals have seemingly made eating easier, Pirello says, the trade-off has left our culture disconnected from food and, in many ways, sick.

She tries to teach that rustling up dinner from fresh ingredients doesn't need to be complicated to



COURTESY AMERICAN PUBLIC TELEVISION

Cook Christina Pirello suggests shopping for unfamiliar vegetables and grains.

be delicious.

"I have a quinoa pilaf that students think will take hours, but it's just 20 minutes. I have a pasta sauce you can make in the same time it takes to cook the pasta," she says. "Once they've learned that, you'd think they could split the atom."

It helps that prepared foods, too,

are turning to better ingredients. With vegetables chopped up in bags and instant whole grains, a proper meal can wind up on your plate in less time than you would need to pick up a Whopper.

And even if it takes a wee bit longer to whip up a tofu curry, you won't notice, Pirello promises. "You'll feel you have more time in

your day because you'll have more energy," she says.

Any food makeover begins with your shopping cart. Pirello recommends buying something new each week.

"Go to a natural food store with bulk bins and try a grain you like

**“When people eat whole grains ... they think more clearly.”**

the color of. They are so inexpensive that if you buy a pound and hate it, you've wasted \$1.50," she says, ticking off a series of names that aren't common in American pantries, including amaranth, buckwheat and Chinese black forbidden rice ("It's almost creamy," she describes).

The one upside of this economic downturn, Pirello says, is that maybe it'll convince folks to give these unfamiliar foods a try. And that could protect more than just pocketbooks.

"There's a lot of talk in this country about health care reform, and that starts in the kitchen," she says. "When people eat whole grains instead of processed food, they think more clearly and sleep better. Within 10 days, they lose aches and pains, and start to lose weight because they get full faster on less because the fiber content is higher."

But what's maybe even more convincing is that these foods taste good, especially when prepared Pirello's way, which doesn't shy away from gourmet preparations. After all, she was raised on her mom's stellar Italian cuisine.

"I take recipes that call for meat and I start with tofu or tempeh. You can still see how any technique works and use different ingredients," she says.

Pair your meal with a glass of heart-healthy wine, and finish it with Pirello's favorite dessert — an ounce of dark chocolate — and you'll definitely be satisfied.

VICKY HALLETT (EXPRESS)



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→ **PISTACHIOS:** A daily serving or two may decrease LDL levels by 9 percent to 12 percent, according to a recent Pennsylvania State University study. PAIGE NESTEL (REPRINTED WITH PERMISSION OF PREVENTION RODALE INC.)



## STETHOSCOPE

## SPORTS

**Splatter Matters**

■ The phrase, "It's all fun and games until someone loses an eye," is apparently a fairly literal interpretation of what happens in a paintball match. A study in the *American Journal of Ophthalmology* reviewed the cases of 36 patients who sustained paintball-related eye injuries and discovered 28 percent suffered eye-ball ruptures, 81 percent required surgery and more than half ended up legally blind. Virtually all of the injuries would have been avoided if more of the players had donned protective gear.



## FERTILITY

**Not Helping Hands**

■ Sure, you can sign your name with your left hand and play tennis with your right, but can you conceive a baby? Maybe not so quickly, according to a Danish study of 9,000 couples. When one of the partners (either the man or the woman) was "mix-handed" — that is, not exclusively right- or left-handed — it took longer to get knocked up. One theory is that prenatal hormonal exposure affects not just which hand you'll favor, but your fertility, too.

## NUTRITION

**Spoiled but Savored**

■ Moldy cheese at a party? Eww. But in your fridge? What a delightful afternoon snack. It turns out that people don't mind spoiled or past-due foods as long as they already own them. A team at Baruch College gave a group of 165 students the chance to consume a yogurt smoothie that was past its "best if enjoyed by" date. Folks in the group who told they could take the yogurt home were almost three times as likely to be willing to drink it than the people who didn't "own" the yogurt.

# Clues From Your Body's Cues

Be on the lookout for these warning signs of serious health problems

Usually a headache is just a headache and heartburn is just a sign that you rang the Taco Bell a few times too many. But sometimes they're not.

**Severe head pain**

**THE CULPRIT:** Odds are, any jackhammering in your brain is just a migraine. But if it's not accompanied by other migraine symptoms (such as a visual aura), sudden and severe pain — we're talking the absolute worst headache of your life — can signal a brain aneurysm. These arterial bulges occur in up to 5 percent of people, but most of the time they don't cause any trouble — you won't even know you have one unless the weak spot leaks or tears. If that happens, escaping blood can flood the surrounding tissue (causing a violent headache) and cut off the oxygen supply there.

**THE FIX:** "A burst aneurysm can cause brain damage within minutes, so you need to call 911 immediately," says cardiologist Elsa-Grace Giardina, director of the Center for Women's Health at New York-Presbyterian Hospital/Columbia University Medical Center. Your doctor will take a CT scan to look for bleeding in the space around the brain. If he finds hemorrhaging, you'll head into the OR pronto for surgery to repair the blood vessel.

**Sharp pain in your side**

**THE CULPRITS:** You may just need some Beano. But if you feel as if you're being skewered in your right side and you're also nauseated and running a fever, you could have appendicitis. It occurs when something (like a stray piece of feces) migrates into the space where the appendix empties into the colon, blocking it. Soon the organ becomes dangerously inflamed. Another possibility is an ovarian cyst. Typically, these fluid-filled sacs are harmless and disappear on their own. But if one twists or ruptures, it can cause terrible pain.

**THE FIX:** In both cases, you're look-



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ing at emergency surgery. "If you don't remove an inflamed appendix, it can burst," says Lin Chang, a gastroenterologist and co-director of UCLA's Center for Neurovisceral Sciences and Women's Health. This can cause dangerous swelling of the tissue surrounding your organs. A twisted cyst also needs to be removed right away, as it can block blood flow to your ovary within hours. If that happens, the doctor will need to cut out the entire ovary (and the eggs inside) along with the cyst.

**Passing chest pain**

**THE CULPRIT:** You probably just peppered your pizza with too many chilies. But if you know you're at risk for heart problems, don't blow it off — it could be a heart attack. Every year, about 10,000 women under 45 have one. Symptoms tend to be less severe in women than in men, so "you may just feel pressure, along with fatigue, throat pain or shortness of breath," Giardina says.

**THE FIX:** Feel the burn after feasting on chalupas? Normal. Feel as

though you're being squeezed to death by a boa constrictor after a hard workout? Not normal. In younger women, a heart attack usually happens when you're working up a sweat. If that's the case, dial 911. Your doc will do an EKG to determine whether your heart has been damaged and then decide on the best treatment, whether it's clot-attacking drugs or surgery to clear your arteries.

**Back pain with Tingling toes**

**THE CULPRIT:** If you've just helped your cousin move into her new fourth-floor apartment, anti-inflammatories should banish the pain. But if they don't work, hobble to an orthopedist to find out whether a disc is pressing on the spinal nerve. Without proper attention, you risk permanent nerve damage.

**THE FIX:** An X-ray or MRI can show whether a disc in your back has slipped or ruptured. As long as the numbness isn't getting worse, your doctor will probably prescribe physical therapy along with oral

steroids or NSAIDs to reduce nerve inflammation. But if you're still laid up after a few months, you may need surgery to remove the disc.

**Leg pain with swelling**

**THE CULPRIT:** If one of your calves is on fire, you might have deep-vein thrombosis, or DVT, also known as a blood clot. Here's how it usually happens: A long flight or a deadline at work keeps you glued to your chair for hours. Blood starts to pool in your lower body and forms a clot. When it gets big enough to act as a stopper in the vein or artery, the area around it will start to hurt and swell.

**THE FIX:** Resist the urge to massage the area or to walk it off. If the clot breaks free, it can travel through your veins up to your lungs and cut off your oxygen supply. Instead, see your doctor, who will do a CT scan or ultrasound. If you have a clot, you'll need to take blood thinners — sometimes for up to a year — to dissolve it. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)





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